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JAY RAYNER
INTERVIEW

We chat to Jay ahead of his performance at the Jazz & Blues Festival.

07/23

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Bournefree

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

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 PR & Engagement

Another fantastic month for Bournefree

IT really has been an amazing month here at Bournefree as we continue to grow and grow.

By **Peter Lindsey**

Social media is – in this digital age – so important to us and we have been focusing hard on our Facebook page.

As of June 5th, in the past 28 days our Facebook page alone had reached a staggering 162,747 people. Not bad.

We are over the moon and will continue to put at least six items on our social media daily.

The most popular story in that period was our MP's taxi survey, read by more than 45,000 people.

We are very proud of our website too. Each day – starting at 7am – we upload news and features, mostly different material to what appears in the magazine.

It's normally breaking news and stories about Eastbourne, the people, and the community. Those stories are shared on our social media later in the day.

If you aren't logging onto our website regularly, we invite you to do so. Go to bournefreelive.co.uk

There's also an opportunity to advertise on our website, reaching thousands of people and potential customers.

Just contact Gail, Harry or me at – our contact details are all on this page.

And of course, we must not forget our print edition which really is going from strength. The 10,000 copies are being picked up by YOU, the reader quicker than ever.

We've got a great list of outlets where you can pick up your copy, and we are grateful to them all.

The number of advertisers we have each month increases – and it's always great when we get new ones.

That is happening every month, so if you have a business or are a group with an event to share, again please contact us.

We don't cost the earth and we pledge to provide a first-class service to our customers.

Join *Bournefree* today – we absolutely love it!

This month's edition has been boosted by the input of Scarlett, a student at *East Sussex College* who spent a week with us.

Scarlett was great – really hard working – and we certainly made the most of her skills.

You can read her articles on pages 5, 38 and 54.

Thank You Scarlett.

Have a great July everyone.

Bournefree

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

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



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Rupert's amazing South Downs Way walk for charity

RUPERT Kirby from Eastbourne is an amazing man.

By **Peter Lindsey**

He has Stage 4 cancer and is determined to raise awareness of his condition – Neuroendocrine cancer (NETS).

So, he decided to walk the 100 mile-long South Downs Way – mostly on his own so he could walk at his own speed.

Amazingly – on Bank Holiday – he was surrounded by friends and family as he completed the walk.

The last part was from Birling Gap to Holywell – and Rupert was overwhelmed at the reception he received at the end.

So grateful

He said: "Thank you to everyone for their support and so grateful for the fundraising.

"It's such an important cause.

"Neuroendocrine cancer is now the tenth most prevalent cancer in England.

"In addition to providing patient support, Neuroendocrine Cancer UK works had to raise awareness amongst medics and promotes

research to abate symptoms, improve diagnosis and hopefully find a cure.

"Walking the South Downs Way has been an emotional and simply amazing challenge.

"It is something I will never forget."

So far Rupert has raised more than £6,500. You can still donate.

Please go to: www.justgiving.com/page/rupert-kirby-southdowns-way



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Eastbourne Pride 2023.

Image: eastbournepride.org



Wheels on the Waterfront.



Big Hike.

Image: cancerresearchuk.org

Scarlett's summer selection

SUMMER is in full swing here in Eastbourne, and it has come with a plethora of exciting events and activities to enjoy. Whether you are local or just visiting, these are our top events for you to watch out for this July.

By **Scarlett Apted**

Eastbourne Pride
Firstly, Eastbourne is hosting its very own *Eastbourne Pride*, an exciting parade to look out for on July 29th.

If you're looking to attend, make sure you're on par with the theme of pink blue and white to support our trans community. For more information and tickets, visit eastbournepride.org

The Bandstand
The bandstand is also on point this year, hosting plenty of great tribute acts to suit all tastes. Amongst these are Amy Winehouse, Bruno Mars, Little Mix, Spice Girls, Coldplay and many more. Please visit: eastbournebandstand.co.uk to find out more.

Big Hike
Comparatively, the inspiring 'Big Hike' is taking place along the South Coast, raising money for Cancer Research. Going at £25 per person, you can complete this trek on the first of July to raise money towards an amazing cause that is helping so many. Go to cancerresearchuk.org and search 'big hike south coast 2023' to learn about it.

Wheels on the Waterfront
Wheels on the Waterfront is happening once again on the *Sovereign Harbour*, where for three hours an incredible rally of American and classic cars will be on display for people to pursue whilst enjoying the sun on the seafront. For more information visit eastbournewaterfront.co.uk/whats-on

The Stage Door
Quiz evenings will be taking place at *The Stage Door*, in Compton Street on the first Tuesday of every month. £2 entry fee. Head along and test your general knowledge skills, with a cash prize to be won.

The Lamb Inn
The Unusual Suspects are providing Live Music on 14th July at the *Lamb Inn* in Old Town from 9pm. *Love Action* are filling the slot on July 28th. Unmissable comedy from Jo Neary and Friends on Saturday 29th. For more details see *Facebook @TheLambInnEastbourne* or call **01323 720545**

However, if you're feeling more historic, check out the free guided,

leisurely walks around Meads, lasting 90 minutes and exploring the fascinating parts of Eastbourne, go to eastbournewalks.com to learn other details including place and time.



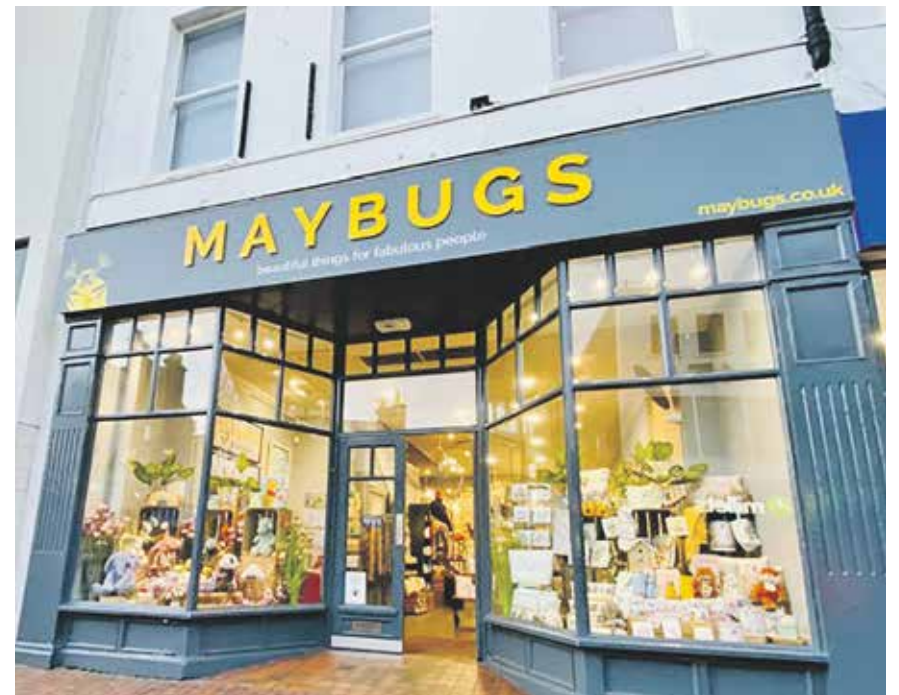
The Lamb Inn in Old Town.



Eastbourne Bandstand.

Image: eastbournebandstand.co.uk

New Artisan Market upstairs at Maybugs



AS of July 8th, there is a new added attraction in Eastbourne Town Centre.

By **Peter Lindsey**

A new Artisan Market will be open five days a week, Wednesday to Sunday 10am to 4pm, upstairs at Maybugs.

Each producer has to be present on their pitch for at least 50 per cent of the time.

Greg from *Maybugs* said: "We're so excited about this venture which gives a unique opportunity for small and start up producers to sell their

products in a retail environment at zero cost to them!

"That's right, we aren't charging for the space or taking any commission at all, meaning the small businesses themselves keep 100 per cent of what they sell in this unique community project!

If you're interested then email us at market@maybugs.co.uk and we will reply with a full information pack and application form."

Maybugs is situated at 129 Terminus Road.

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Busy times for Lightning Fibre



Rob Reaks, Chancellor Jeremy Hunt and Caroline Ansell MP.



Lightning Fibre's Network Director, Paul Thornton and Nusrat Ghani MP.

LIGHTNING Fibre Sales and Marketing Director Rob Reaks represented the company as a guest of Eastbourne and Willingdon MP Caroline Ansell at a 'local business champions' reception at 10 Downing Street.

By **Peter Lindsey**

It was hosted by Jeremy Hunt, The Chancellor of the Exchequer.

Local businesses from across the UK were recognised, celebrated and thanked at this special event.

Mr Hunt said: "Local businesses are vital for our economy, our day to day lives and our communities. Creating jobs, supporting growth in a huge variety of sectors, their tireless hard work does not go unnoticed."

Meanwhile, *Lightning Fibre* – who have already rolled out Hyper Fast full fibre broadband across North

Hailsham – have now also launched their service in South Hailsham.

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We will work with anyone

MEET Stephen and Margaret – the new people in charge at *Eastbourne Borough Council*.

By **Peter Lindsey**

Stephen, 36, is our new Council Leader with Margaret, 68, his very able deputy.

Both have vast experience as borough councillors – Stephen eight years and Margaret 19.

This follows the retirement of the LibDem Council Leader David Tutt at May's local elections.

Stephen said: "We will work hard for the residents of this borough – we all want to make it better.

"We are passionate about making a difference and getting the very best for our residents.

"Of course, we want to make changes and that I am sure is what the people expect.

"Whether we are talking about tourism, homelessness or other issues, there is always work to be done.



Margaret Bannister and Stephen Holt.

"And one of our key messages is – we want to work with anyone, regardless of politics. Nobody has the monopoly on a good idea."

Margaret said: "I have lived in Eastbourne all my life apart from three years away studying.

"Many people know me from my years of working at *Bourne School*, and they will know that I want to see the very best for Eastbourne.

"It is a fantastic place and we want to make it even better. Have no doubt about that."

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Focusing on the key issues in Eastbourne

NEW borough council leader Stephen Holt and deputy Margaret Bannister sat down with Bournefree Editor Peter Lindsey to discuss the town.

By **Peter Lindsey**

They are both keen to stabilise and grow the town's economy. They want better paid jobs, and less seasonal ones which are 365 days of the year.

Stephen said: "We want to help businesses grow and develop. As a council, we will do our best to enable this to happen and engage key people and partners."

Eastbourne Bandstand, which was closed all last year

Margaret said: "It's open and doing well with a full summer programme. It needs national funding to cover the full costs of the works needed, and that is something we are currently working on."



Carbon Neutral

Both want Eastbourne to be a Carbon Neutral Council by 2030, and Stephen is determined this will happen.

He said: "This does not mean the end of *Airbourne*. We need to look at Park and Ride, bus travel and other ways where people can still come to big events like *Airbourne*."

Eastbourne Theatres

Margaret said *Eastbourne Theatres* are performing well and the big names and big shows will continue. Stephen said the theatres are not allowed to run at a loss.

Homelessness

Stephen: "Homelessness is on the rise and it's clearly one of the biggest issues in town, as indeed it is in other places.

It's our biggest financial risk as a council and we continue to offer temporary accommodation to those who urgently need it.

We are working with the *Rough Sleepers* initiative and our *Outreach* team, and we have to accept that things can and do go badly wrong for some people."

Town centre

Stephen: "Eastbourne's rate for vacant units is below the national average and footfall is up, both in the Town Centre and in *The Beacon*.



Of course, we have issues, like so many other areas, but soon there will be massive investment from *Banker's Corner* up to *Blacks* to make this area look fresher with more trees.

"We also realise there are big empty units which need filling. We are

seeking outside investment in a very proactive manner."

Eastbourne on the up

Stephen: "We have so many good things to shout about in Eastbourne. Let's be positive about the so many great things in our wonderful town."



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Pop along to the Pop-up

EASTBOURNE'S *Pop-Up Park* is due to return this month, ready for the summer.

By **Peter Lindsey**

The event – which involves closing the seafront end of Terminus Road (*Victoria Place*) to traffic – allows businesses to spill out into the street, and customers to enjoy some Eastbourne sun whilst shopping, drinking and dining.

It opens on July 22nd and closes on September 3rd, with weekends dedicated to live music and entertainment, to get you into the summer feel.

Luke Johnson, *BID* Operations Manager, said: "The *Pop-Up Park*

has been a firm feature now since we brought the event to the town two years ago.

"We know how much the visitors enjoying sitting out and watching the world go by.

"Of course, in the very near future – thanks to the Levelling Up fund – we will be able to have full pedestrianisation.

"But – for six weeks during the summer, why not enjoy a bite to eat at *Victoria Place*, do a bit of shopping, and enjoying the summer sun!"

Hugely popular

Victoria Place has become hugely popular as Eastbourne has enjoyed a sunny June.

New cafes have opened in recent months, and it's now a real place to go for locals and visitors alike.



BID (a business improvement district) is a business-led and business-funded initiative to improve and enhance a commercial area – in our case, Eastbourne town centre.



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Don (fourth from left) with David Dimbleby supporting the Rockinghorse Children's Charity.



Don and Abby receiving award.

How Don has raised £250k for charities

DON McPhee is a man who achieves so much.

By **Peter Lindsey**

He is a shareholder at Sussex Cars and has worked in the taxi trade for 35 years.

But, away from that busy world, he has another simple mission – to help other people.

And, together with daughter Abby and son Tom, Don has raised more than £250,000 for charities.

Recently, he was invited to the House of Commons by Eastbourne MP Caroline Ansell and recognised for his community in the annual *Parliamentary Taxi and Private Hire Awards*.

Don said: "We've tried just about every avenue to raise money for different charities.

"It's a lovely thing to do and we meet some lovely people. We never intended it to be like this but it has grown and grown."

In the beginning

It all started ten years ago when Abby went to Costa Rice to volunteer at a school. On her return she was keen to do some volunteering in Eastbourne, so along with her dad Don they went along to the *Salvation Army*

where they helped to do food on Tuesdays and Thursdays serving food for the homeless.

First fundraiser

They then decided to do their first fundraising event – an Open Mic Night held at *Bibendum* in Eastbourne.

This was followed by a host of events including golf days, football matches, comedy nights and tribute nights.

During Covid they continued to fundraise with *Facebook* raffles and a whole host of zoom quizzes, some attracting more than 60 teams. These were done to support *Friends of the DGH* and the staff of the *Eastbourne DGH*.

Amazing support

Don said: "We are very lucky to have had the support of around 120 companies, which is amazing. Some have been supporting us for the whole ten years including *Sussex Cars*, *Stephen Rimmer*, *Helix Law*, *Madeira Windows*, *Town Property*, *Abacus Flame*, *Plan Ahead* and *Visick Cars*.

"We are not a charity, we are just three ordinary people trying to make a difference.

"We give our time and we help others through people's generosity.

"We have supported charities such as *Macmillan Cancer Support*, *Rockinghorse Children's Charity*, *St Wilfrid's Hospice*, *Matthew 25*, and *Eastbourne Mencap*.

"We also have helped many local families who are in need of support."

They have arranged two weddings, including the wedding of Rosie Aldridge whose son Alfie has the genetic disorder ALD, and the wedding of Sasha and Dan Poole. Dan sadly passed away from cancer shortly after the wedding.

They have fundraised for the family of Alfie, 13, who suffers from ALD as well as Nellie, four, and Betsy, also four. They have raised money for them to go holidays to *Pepper Pig World*, *Isle of Wight* and *Center Parcs*.

They have also fundraised to buy an electric wheelchair for young Tilly Parrott, who has now sadly passed away.

Further events

Don also sits on the Mayor of *Eastbourne's Charity Committee*.

In October, he's planning *An Evening with Eastbourne Schools* fundraiser at *All Saints Chapel* in Meads.

And at Christmas on December 17th, he will be fundraising in *The Beacon*.

Don said "We will be planning other events and supporting other charities.

"As you can imagine it has been absolutely delightful being able to fundraise with my son and daughter who have given up so much of their time to help me try and improve people's lives."



Christmas charity event at The Beacon.

Cyclists take on mammoth charity challenge



STAFF from Barchester Healthcare's care homes and hospitals took on a gruelling fundraising cycling challenge this time from Exeter to Eastbourne and then on to Purley.

By **Peter Lindsey**

Barchester owns two homes in Eastbourne – Mortain Place opposite ASDA and the newly-opened Sycamore Grove in Stone Cross.

All money generated from the challenge has been donated to Barchester's Charitable Foundation.

The Foundation supports older people and other adults living with a disability or mental health problems by helping them to connect or re-connect with others in their local communities.

Over four days, a team of Barchester staff cycled a mammoth 276 miles from Exeter to Purley, stopping at 15 care homes across Barchester's South division to meet well-wishers, have a well-earned break and refuel before continuing on their way.

At every service, the core cyclists: Simon McCall, Commercial Director and Shona Conway, Project Co-ordinator, were met with a rapturous welcome from staff, residents and local community members who had organised fund-raising events with all kinds of entertainment.

Sycamore Grove is now offering free meeting space to local groups and professionals.

The home has a variety of spacious and stylish rooms that can accommodate groups of all sizes, and the staff are happy to provide catering and other services to make your meeting a success.

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FOR a taste of Sicily, you simply must visit the *Enterprise Shopping Centre's* new *Café & Artisan Food Store, Sicilia Qui.*

By **Emily Sander**; Photography by **Alex Read** at Bamb

Owner Giovanna La Franca brings a wealth of knowledge and a passion for the food of her homeland to this new venture and it's already garnering lots of praise!

What can you expect when you visit *Sicilia Qui*?

You can enjoy a cup of full flavoured Sicilian coffee with a choice of delicious Italian cakes, including Lemon Aragostine, Sicilian Almond Biscuits & Cannoli filled with fresh Ricotta. The Neapolitan Rum Baba is a scrumptious delight served with a side of cream and fresh strawberries. A firm favourite already!

Perfect start to the day

Early risers are catered for with an Italian style continental breakfast, using *Sicilia Qui's* stock of artisan jams and marmalades to enjoy in the café or take away. Packed with fruit and served with Danish toast and salted butter, the perfect start to the day.

Sharing platters are available throughout the day, with a selection of mouthwatering gourmet treats to choose from. Nocellara del Belice olives, Caponata Siciliana, Salame dei Nebrodi, Pepato Fresco Cheese, Sicilian Salted Ricotta served with sourdough bread and sauteed baby potatoes, to name just a few.

Artisan food store

Giovanna has created a well-stocked artisan food store, so you can experience authentic Sicilian produce at home. The shelves are full to bursting with jars of Fruit Jams, Aubergine Caponata, Balsamic Vinegar, Salsiccia Piccante, Panetto di Pistacchio, Tagliatelle Al Nero Di Seppia and so much more!

Alongside Giovanna's wonderful Sicilian produce and speciality coffee's and tea's, the *Coffee Lounge* will also have a featured Artist exhibiting for three months at a time, starting on Saturday 22nd July.



The first Artist will be Julie Caddy – her work is inspired by nature using a range of mixed media. Julie's background is Graphic Art & Design and she uses colour and art for Health & Wellbeing for herself and others.

Sun and Sicily

You can enjoy all this in the relaxed atmosphere of the café, with seating

outside to make the most of the sunshine. So why not pay *Sicilia Qui* a visit soon!

Sicilia Qui
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It's PIER 2 PEER for a 3rd year

A WOMEN'S charity has opened registrations for their 2023 PIER 2 PEER challenge.

By **Gail McKay**

WayfinderWoman, a prominent local charity dedicated to supporting women, is pleased to announce their 3rd annual fundraising walk/run/cycle PIER 2 PEER.

The fundraising event will enable the charity to provide essential resources to help women to grow in confidence,

skills, and empower themselves. *PIER 2 PEER* will take place on the 5th August and participants from all walks of life are invited to join in and make a difference for women in need. All ages, genders and abilities are welcome!

The challenge will kick off from *Eastbourne Pier*, and continue along



the stunning coastline of East Sussex, culminating at the iconic Hastings Pier. Participants can choose their challenge, be it walking, running, or cycling, based on their fitness levels and personal preferences. There will also be an accessible route from *Eastbourne Pier* to *Sovereign Harbour* running along the prom and is encouraged for families with buggies and scooters, wheelchair users and anyone else wanting to participate for a shorter distance.

We are thrilled

Sarah O'Flaherty, a representative from *WayfinderWoman*, expressed their excitement about the upcoming event, stating, "We are thrilled to organise our third annual *PIER 2 PEER*, as it encourages people to get active and enjoy the beautiful landscape we are blessed to have on our doorstep, as well as raising funds so that we can continue our mission of supporting women's growth and empowerment. By participating in this event, individuals can make a tangible impact in the lives of local women.

We encourage everyone to join us in having a wonderful day whilst also making a difference!"

PIER 2 PEER participants are encouraged to seek sponsorship from friends, family, and colleagues raising vital funds for the *WayfinderWoman* charity. Local businesses and organizations are also invited to contribute by becoming event sponsors or match funding donations to support this noble cause.

To register for the event, access further information, or make a donation, please visit: www.wayfinderwoman.com Or scan the barcode below.

Join us for a fun, fitness, and fundraising day out!



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Securing the future of sport at The Saffrons

NEW sports and commercial opportunities at The Saffrons.

By **Peter Lindsey**

The historic flint walls of The Saffrons Sports Club contain 18 acres of beautiful sports grounds in the heart of Eastbourne.

As home to some of the town's longest-standing sports clubs, fixtures play out here throughout the year. It's also a popular venue for functions and the perfect setting for Eastbourne's favourite, family-friendly fireworks event which is held on the first Friday in November each year.

Now, an exciting rejuvenation project is underway with new sports and commercial opportunities in the pipeline to secure the future of sport at the club for generations to come.

According to Roger Myall, Chair of *The Eastbourne Saffrons Sports Club Trust*, "We're focused on creating scope for more sports, fitness and wellbeing organisations to use and enjoy this unique space, whilst remaining the home of team sports in Eastbourne.

Saffrons Yard

"Along with the introduction of padel tennis courts, we also have concurrent plans to refresh and enhance *The Saffrons Clubhouse* and create a new hospitality space with the introduction of 'Saffrons Yard'.

"We want residents to be able to enjoy a wider variety of activities here. It's a great location within the town and a precious space and community resource that could do more for more people."

Could you help shape the future of The Saffrons?

To help realise its vision, the club is looking to attract new trustees and interested to hear from anyone in the community who has the passion and experience to help it drive forward.

Individuals interested in finding out more about the charitable trust or joining its Board of Trustees are invited to get in touch. To do so, or to discuss commercial opportunities at the club, contact Roger Myall at chairperson@thesaffrons.org

For venue enquiries, contact office@thesaffrons.org or call **01323 724328**.

The Saffrons is home to *Eastbourne Cricket Club*, *Eastbourne Town FC*, *Eastbourne Hockey Club* and *Compton Croquet Club*. *Cargo Gym*, which offers outdoor gym classes for all, is also based within the grounds along with *Saffrons Park Nursery* which welcomes children from six weeks up to 11 years of age.



2023 Fireworks Display diary date

This year's display is on Friday 3rd November. Tickets will go on sale online nearer the time.

Follow [@saffronssportsclub](https://www.facebook.com/saffronssportsclub) on Facebook and Instagram for details or visit thesaffrons.org



Menopause discrimination still rife in the workplace as nearly half of women ‘suffer in silence’ fearing it will negatively impact their career

Female employees are hiding their symptoms and discomfort to avoid discrimination in the workplace due to menopause, research by leading Sussex law firm Mayo Wynne Baxter has revealed.

A new survey, conducted by the firm, shows that despite increased awareness by celebrities such as Davina McCall, women experiencing peri-menopause and menopausal symptoms are still embarrassed to talk about it at work (39%), and are in favour of additional menopause support from employers (60%).

Employment law experts at Mayo Wynne Baxter are calling for the implementation of menopause

champions in all workplaces, to raise awareness of the many ways in which menopause impacts women at work and to ensure that all women know their workplace rights.

Despite it being their right, less than a third (29%) of women would feel comfortable asking for reasonable adjustments to support symptoms, such as an electric fan or flexible working hours. Less than half of women (49%) would feel able to raise a formal complaint if they felt they were being discriminated against as a result of experiencing menopause.

Samantha Dickinson, diversity and inclusion partner at Mayo Wynne Baxter, said: “The symptoms of menopause can affect the physical

and mental health of women so badly, that it can drive many to thoughts of suicide.”

“At the same time, employers are facing challenges in recruiting and retaining talent and there is an increasing number of economically inactive people, aged 50 to 69.

“If women experiencing menopause are provided with a supportive work environment, that will support the retention and attraction of experienced women.

“Menopause champions in the workplace would help women feel more comfortable raising concerns, but importantly it will also ensure that employers know how to offer the right support from the start.

Mayo Wynne Baxter research shows



that lack of flexibility is a barrier; with over a third of women (37%) saying that menopausal symptoms would prevent them from re-entering the workforce.

“While disappointingly menopause itself is not a protected characteristic, there are still legal protections in place that women may be able to rely on, to safeguard against discrimination. Under the Equality Act, women can bring a sex, age, or disability claim if they think their employer has disadvantaged them for a reason related to menopause.”

Community Project: The Brampton Estate Clean Up



There is no better feeling than when a community bands together to make a difference. Representatives from a range of businesses and Chamber members based in and around Brampton Estate, including event organisers Sacha, Luke, and Kirsty from Fieldskill, came together to clean up the area.

The group met outside Fieldskill, where they were given red and black Robert Scott litter pickers, bin bags, and protective gloves. They then set off to tackle the litter that had been accumulating on the estate.

They were met with more rubbish than they could have imagined! They soon filled fifteen bin bags full of empty cans, food packets, cigarette ends, and plastic waste.

Despite the conditions, the group worked hard and made a real

difference to the environment. They cleaned up several streets, and the area was left looking much tidier.

The litter picking exercise was not only a chance to clean up the environment, but also to build community spirit. The group got to know each other better and made new connections.

At Fieldskill, we believe that when businesses work together, they can achieve great things. This litter picking exercise was a great example of how we can come together to make a difference. We are proud to have been a part of this project and we look forward to working with other businesses in

the area to continue to improve our community.

Special thanks to all the businesses who got involved with the Brampton Estate Clean Up:

Fieldskill - Workplace Essentials, Eastbourne Foodbank, Intafast, G M Monk, Paxton, Airtrace, HMD Kontro Sealless Pumps, CD Automation UK

For all your workplace essentials, including packaging, janitorial, stationery, and furniture supplies, contact Fieldskill today at sales@fieldskill.co.uk, or call us on 01323 500999.

New members for June

Eastbourne Food Partnership • Network Xpress • Trenton Business Coaching • A-Plan Insurance • Knill James LLP • Jimmy Dawson Designs • Rotary Club of Eastbourne • Tictock Therapy • Major Coffee • SME IT Solutions • Lewes Training Centre • Diamond Logistics Eastbourne • NXT Generation Boxing and Fitness • OmniPano

State of the art film studio opens in Eastbourne

Eastbourne *unLtd* had the pleasure of inviting the next generation of business leaders to the unveiling of Racquet Studios. Situated in Eastbourne's Grade II listed Winter Garden, which has undergone extensive renovation in recent years, a remodelled space inside now houses one of Britain's most advanced virtual film studios.

The launch welcomed film industry titans to Eastbourne including Lux Machina who produced Star Wars, Mandalorian and The Irishman; VSS who worked on Batman, Star Wars, Deadpool and Ant & Dec's Saturday Night Takeaway.

Film industry royalty from ITV, the BBC, the British Film Institute and Netflix watched the studio's huge digital backdrop onto which stationary and moving backgrounds can be displayed with a combination of motion sensors, 3D mapping, and state-of-the-art reactive lighting enables filming with actors performing live in front of interactive virtual backdrops, rather than greenscreens.

The unique technology at Racquet will attract clients from high-end

film and television productions, and will also be invaluable to games developers, product designers, advertisers and others who want to create film content without the expense, time and other complications of filming on sets or in far flung outdoor locations.

At the showcase, guests were treated to a number of immersive demonstrations, including a fly-over of Beachy Head lighthouse and examples of how digital backdrops and lighting can react in real-time to moving camera work to create stunning effects and realistic camera panning, including moving from a peaceful daybreak to a starlit or stormy night with crashing waves.

As well as world-class technology, Racquet Studios also benefits from hyper-fast broadband connectivity, so content can be filmed at the Winter Garden in Eastbourne and simultaneously edited anywhere in the world.

As Racquet co-founder Simon Skinner explained, "We're in the best position because we have a unique facility here- and because we're



partnered with the Council, we have phenomenal infrastructure and we're able to offer it at really competitive prices. We'll be able to work with film industry giants, but also local advertisers and games designers".

The studios will support existing businesses to create world-class

content and will provide education and create skilled jobs in the region.

Judging by the unveiling, Racquet Studios is a perfect example of how investment, creativity and infrastructure make Eastbourne the best place in the UK to live, work and play.

BPE serviced offices now open in Eastbourne

BPE offer professional, modern DDA compliant, bespoke & fully serviced offices at our centrally located Greencoat House venue, a 2-minute walk from the main bus terminus, train station & town centre facilities.

They are delighted to announce the completion of another successful refurbishment of the 3rd floor. This

premier venue offers a portfolio of suites with over 7,000 sq f of custom designed space.

Advantages of BPE serviced offices: Newly refurbished, located in a modern 4 storey office building with on-site car parking. Suites are available to let on flexible License terms for minimum of 6 months. Tailored solutions to give maximum

flexibility with the ability to up or downsize.

BPE are delighted to offer individual tenant, high performance, dedicated tenant Leased line internet connections. With 1000 Mbps up/down. Each serviced office suite has it's own code/fob 24/7 access, door entry system & CCTV, with on-site management. Included in



serviced office suite fee's is the use of a modern fully equipped meeting room & kitchens.

Visit: www.bpeservicedofces.co.uk for details of the suites currently available & all our services.

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!

Calling all shoppers

EASTBOURNE Foodbank is calling on shoppers to help fight hunger and poverty with *Tesco Summer Food Collection*.

By **Juliet Mead**

Eastbourne Foodbank is appealing to Tesco shoppers to donate food and other essential items at its annual *Tesco Summer Food Collection* on July 6th, 7th and 8th.

Representatives from *Eastbourne Foodbank* will be in *Tesco*, Lottbridge Drive, to speak to members of the

public and hand out lists of much-needed items. These essentials are needed to help Eastbourne people unable to afford food, amid the cost of living crisis.

Shoppers can find out more about *Eastbourne Foodbank* and donate from 9am to 3pm on all three days.

Eastbourne Foodbank is hoping members of the community, who are able to help, will pick up one or two



Freya Brooks.

extra items with their shopping and drop them into a special donation trolley on the way out of the supermarket.

This support is needed now more than ever, as the shelves are empty at *Eastbourne Foodbank's* warehouse. As food prices have risen, donations have dropped but there is still a high level of need in our community. In May 2023, *Eastbourne Foodbank* provided 2,366 food parcels – 908 of those went to children. The foodbank relies on public support and donations are vital.

Freya Brooks, satellite support manager at *Eastbourne Foodbank*,

says no one in our town should be facing hunger and she's calling on shoppers to help if they can.

Freya said: "Our foodbanks are busy and stock in the warehouse is low. If you are able to donate – thank you. We look forward to seeing you at *Tesco* and anything you can give will help provide emergency food and toiletries for Eastbourne people in financial crisis.

Thank you

"Thanks to *Tesco*, its customers, and all our donors throughout the year, we will continue to offer vital support. Together we can make a difference."

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2:30PM – 4:30PM

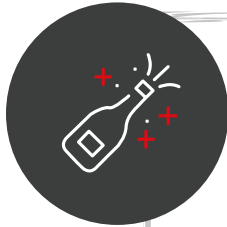
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Windsor Way, Polegate

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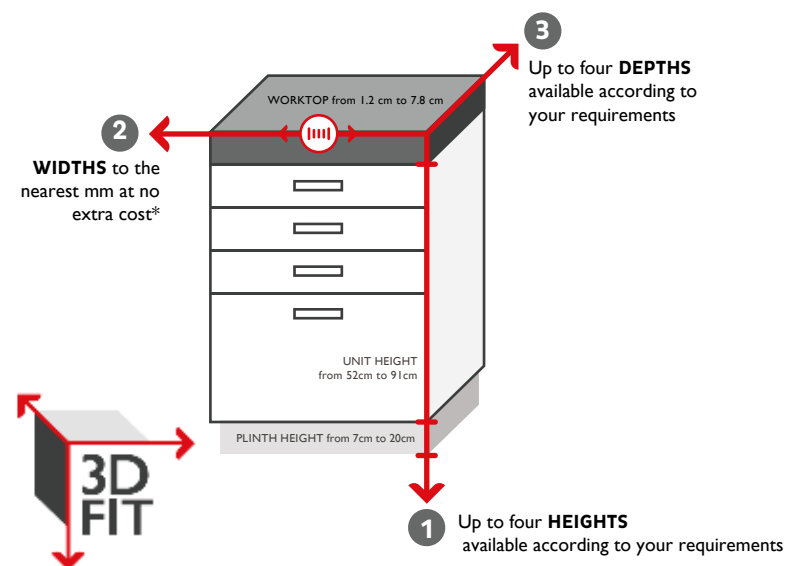


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SCAN ME



Be amaized at Sharnfold Farm this summer

SHARNFOLD Farm at Stone Cross is staging a six-week 'Be aMAIZED this summer' event.

By **Peter Lindsey**

It runs from July 22nd until September 3rd – and when you pre-book, the farm trail offers great value for money.

You can:

- Meet the farm animals and small friends.

- Play in the adventure play area and sand pit.
- Go on a bug hunt in the rewilding garden.
- Adventure through the woodland trail.
- Challenge each other to a game of mini golf.
- Discover in the sound garden.

- Get creative in the mud kitchen.

AND, see if you can navigate the maize maze here for summer only!

For only £6.45pp. **PREBOOK YOUR TICKETS TODAY:**

www.sharnfoldfarm.co.uk

Booking fees apply. Tickets available on the gate for £7.95pp. Admission is free for peak membership holders.

Bluey and Bingo from the much-loved kids TV show 'Bluey' are coming to *Sharnfold Farm* on Tuesday 1st August. Book at: www.sharnfoldfarm.co.uk



Didac
EASTBOURNE

HOME FROM HOME

Didac
EASTBOURNE

Didac Schools are looking for caring host families who can offer a "home away from home" for our Swiss students. They study in our town centre school and are long stay students. We also have short term students during the summer holidays so if you live in the areas: Central Eastbourne, Rodmill, Meads, Old Town, Roselands, Langney Point, North and South Harbour, Polegate or Willingdon please contact us.

We look forward to hearing from you.



For More Information

16 Trinity Trees,
Eastbourne, BN21 3LE

01323 417276 or
0781 112 2709

emery@didac.ch





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





Carnival fun with The Chaseley Trust

THE Chaseley Trust were very excited to join with Eastbourne Mencap as part of this year's carnival parade!

By **Peter Lindsey**

Jodie, Fundraising & Marketing Manager shares with us "It was a great day, we all really enjoyed ourselves and everyone was in full blown carnival spirit!"

"Thank you to each and every person who popped coins into the buckets and came out to cheer us along the

route. We also received some very lovely comments about our costumes and accessories! Our residents really enjoyed making the carousel decorations for their wheelchairs and cannot wait for next year".

Donations and fundraising

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 them on **01323 744200** or fundraising@chaseleytrust.org

For further information on the charity: reception@chaseleytrust.org

St Wilfrid's Starlight Stroll

A walk to remember

Light up Eastbourne Seafront, walk five miles beside the sea, and help raise vital funds for your local hospice

- ★ Start at Princes Park, stroll along Eastbourne Seafront and make your way to the beautiful Italian Gardens
- ★ Lay your lantern in the gardens and take a moment of reflection, before walking back to Princes Park to receive your finisher's medal
- ★ Early bird entry just £14 until 2nd July, £18 after
- ★ Receive a special lantern to decorate in memory of your loved one
- ★ Be a fundraising superstar as you raise vital donations for the hospice

Saturday 9th September Registration from 5pm, walk starts at 6pm

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This event is kindly sponsored
by Clarke Roofing Southern Ltd

To find out more about this event and to register,
visit us at stwhospice.org/starlightstroll2023
or call **01323 434241**



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code BF10 at the checkout

Make a Will

Make a difference

This September, you can make your will and support St Wilfrid's Hospice at the same time by taking part in our 'Make a Will Month' scheme.

Local supporting solicitors will write a simple will for you, free of charge, in exchange for leaving a gift in your will or a suggested minimum donation to St Wilfrid's of £150.

You can find a list of participating solicitors at www.stwhospice.org/make-a-will or by contacting Roz Bristowe on **01323 434214** or at rozelyn.bristowe@stwhospice.org.



St Wilfrid's shop shows off new look



Hospice Development Director, Pam Russell, (right) officially opens the new shop, while Shop Manager Heather Reece looks on.

THE *St Wilfrid's Hospice* shop has re-opened in Hailsham with a fresh new look.

By **Peter Lindsey**

The shop in the Quintin's Centre has had a complete refit and is looking better than ever.

Hospice Development Director Pam Russell cut the ribbon to officially

open the new store, which features a brand-new department for children, a denim section, as well as clothing, accessories and homeware.

St Wilfrid's Head of Retail, Jackie Gordon, said: "Our shops are very much a focal point in a community, and it's a good way to reach those who have a connection with the charity.

"Donors are very supportive of what we're doing and can achieve, and they help raise vital funds for the hospice. We have an excellent team of volunteers here and Heather has been a brilliant manager, especially during this re-fit process.

"I've heard people saying this is the best charity shop they've ever been in, which is fantastic to hear."

Shop Manager, Heather Reece, said: "I'm absolutely thrilled with the re-fit

– it's like a new shop! It supports the hospice and the Hailsham community."

The shop is open between 9:15am and 4:45pm Monday to Saturday, and 10:00am until 4:00pm on Sunday. Donations are always welcome.

**Unit 8, The Quintins,
3 North Street, Hailsham BN27 1DP**

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OFFICES ACROSS THE SOUTH EAST

Are air fares fair?

IT is certainly cheaper to fly to all destinations than it was many years ago, but the big problem now is getting through the minefield of what the actual fare will be for *your* journey.

By **Martin Wellings**, Personal Service Travel

Like so much advertising, the object seems to obscure the real price and facts and in our industry, *Ryanair* have been the past masters at this.

Tricks of the trade

The first trick was to re-label airports so that they would go to a remote one a long distance from the town – e.g. a Frankfurt flight, would end up at an airport called Hahn around 40 kilometres from the town, which was then called Frankfurt Hahn. The next trick was to remove all the elements that one automatically associated with a flight and charge extra so that the fare ‘looked’ cheaper, so it was goodbye to convenient timings, meals, included baggage, choice of seat and even automatically husband and wife being seated together!

The real fare

This brings me to a travel agent’s role to guide people through these ruses. I have to say that it does surprise me the number of people who ask us whether we book flights and to me it is rather like asking an accountant whether they can do accounts! We can access all the main airline computer systems and can navigate through all the add-on extras to provide the real fare for the time and date the client actually wants, which is particularly important for a long-distance destination.

No extra charges

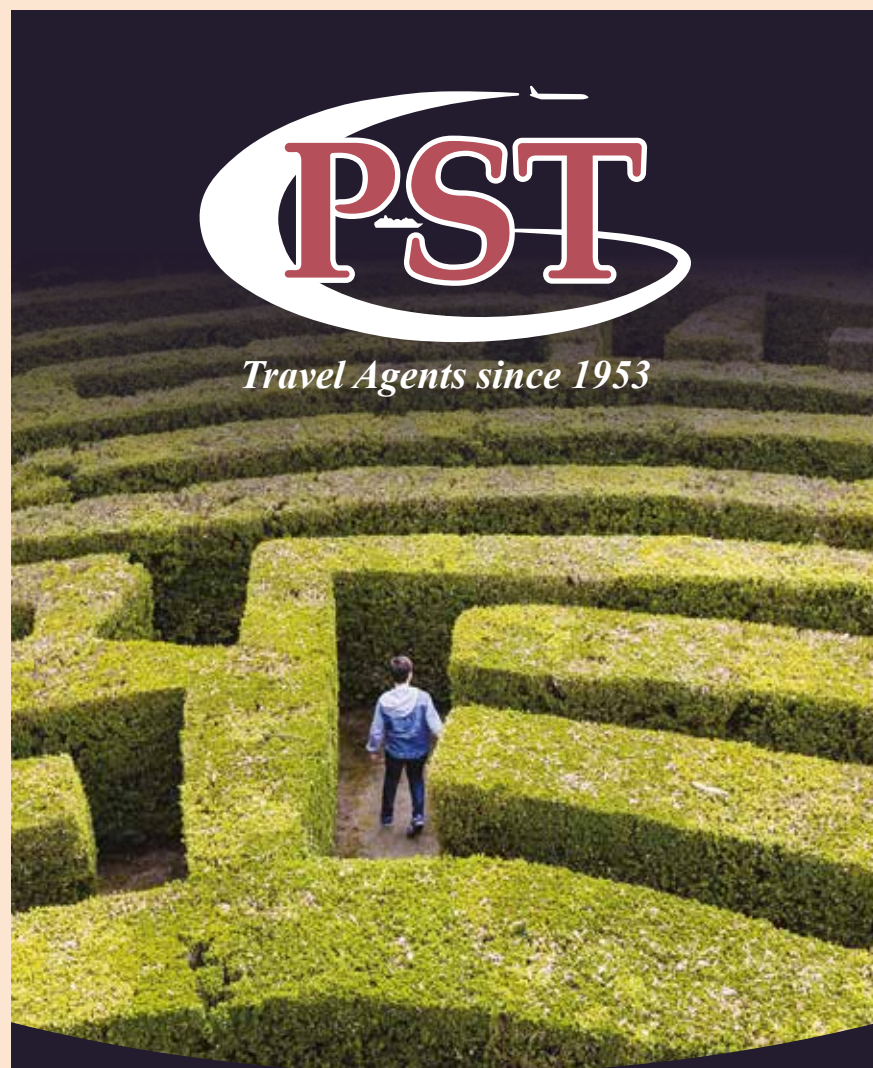
The other misconception about travel agents is that they charge extra for their services: they do not. So, for example, when you book



a cruise or a package holiday, the price you pay us is exactly the same as you would if made direct with the cruise company or tour operator and in return for acting as their local sales outlet, we receive a small commission.

Plan early

2023 seems to be racing ahead, and already we are receiving some brochures covering 2025. Please don’t leave it too late if you are planning a longer distance trip as fares are continuing to rise despite aviation fuel having plateaued and if you just want a short break, consider some of the offerings of *Kirker Travel* who are an excellent operator offering fully inclusive three day trips by air or rail to popular cities in Europe and if you want something even shorter, one of the trips on the *British Pullman* trip; it makes a great day out.



The maze of quoted air fares

Don’t be hoodwinked by all the misleading air fares quoted: so many items you would expect to be included are not, such as:

- Taking a suitcase
- Taking a small case into the cabin
- Travelling at a convenient time
- Selecting a particular seat
- Husband and wife being able to sit together
- Any snacks or meals
- Excessive time between changes on long distance flights

With our expertise, we will guide you through this maze designed to confuse, particularly important for the longer distance destinations. We reveal the ‘hidden’ extras so that you know exactly how much you are paying and in addition you get an ATOL certificate giving you 100% financial security which is not available with airline websites. Above all, for any queries, you can talk to real live humans!

Personal Service Travel

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Company wins StartUp award

A COMPANY set up in January 2020 has won a major award.

By **Peter Lindsey**

Grimley Flooring – based in Polegate – won the Construction and Building Services award at the South East finals of the StartUp Awards 2023.

The awards celebrate entrepreneurs in various sectors and highlight their contributions to job creation and innovation.

Founder Simon Grimley said he was excited to have won this prestigious honour.

Originally specialising in carpets, Grimley Flooring expanded its offerings to include Luxury Vinyl Tile (LVT) flooring in August 2021.

In April 2021, Simon became the sole registered Fitter member of the *National Institute of Carpet and Floor Layers* in East Sussex for carpets.

His expertise and dedication to his craft were further recognised in November 2021 when he added LVT to his membership, cementing his position as a trusted professional in the field.

The *StartUp Awards* were established in 2022 to highlight the success of StartUps across nine UK nations and regions, and to celebrate the achievements of entrepreneurs in all sectors of the economy.

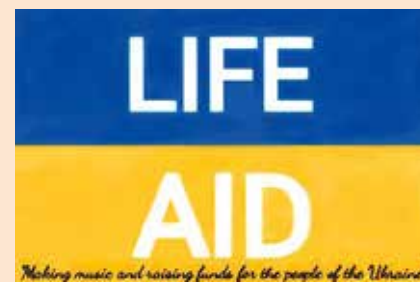
The South East final was held at *The South of England Centre* in Haywards Heath.

Entrepreneurial talent

Professor Dylan Jones-Evans OBE, creator of the awards, said the events have celebrated the best new firms in the UK and recognised the amazing entrepreneurial talent across the nation.

He said: "In the second year of the *South East Startup Awards*, we have seen yet again the incredible contribution of new businesses to job creation, innovation, and prosperity across the whole of this entrepreneurial nation.

"It's been an honour and a pleasure to read the stories of those individuals from across the South East who have spotted the opportunity and taken the risk to launch their own venture, especially at a time when the economy is still fragile after the Covid pandemic."



Needed – entertainers and venues to help Ukraine

SINGER Rick Bonner is a man with a big heart – and now he has launched *Life Aid* to help people suffering in Ukraine.

By **Peter Lindsey**

It's quite simple – entertainers give up their time FREE on a Thursday to perform a gig.

Rick is appealing to DJs, bands, discos, singers, karaoke's, musicians, and comedians to contact him.

Either he will sort the venue, or the entertainer may know somewhere.

An entrance fee is charged – and every penny goes to the *Aid for the Ukraine – Eastbourne group*.

Rick lives in Eastbourne and is well-known throughout Sussex for his singing.

He said: "It's a new idea and it's a fun way to help those suffering in war-torn Ukraine.

"I would love to hear from any entertainer, and they would perform a gig for free.

"Ideally, it would be Thursday night, but we are flexible – it's all about helping those who need it so much.

"Obviously, we need venues for these live shows so again I appeal

to restaurants, pubs and live music venues who would be willing to host the event.

"Money raised would come from charging a small entrance fee, bucket collections on the night, or any other charity ideas people can think of.

"So, put simply, we need entertainers, and we need venues. Please contact me."

Rick booked five gigs in the first week of launching *Life Aid*, and he is hopeful this will become very big locally.

He is also planning to record a song with the local Ukrainian choir to raise more funds.

He said: "This is all very flexible – if you can offer help, then we will work around you.

"I want to motivate people to continue to offer support to Ukraine. The war isn't on the TV as much as it used to be, and it seems that both sides are wearing each other down.

"I want this to be fun, to involve as many people as possible, and to entertain."

Call Rick or **07456 919 742** or email **rickbonner@live.co.uk**



What a wonderful design!

PUPILS from Bede's Prep School gathered at Holywell to meet Mayor, Cllr Candy Vaughan, plus invited guests, as part of the 'Our King In-Bloom' initiative organised by Eastbourne Education Business Partnership.

By **Peter Lindsey**

Fortunately, the heavy rain had done its job and finished in time!

The school won the annual carpet garden competition for Eastbourne primary schools in March.

The pupils helped staff from *idverde UK* to finish planting out their winning design.

This is the 29th annual carpet garden design created by local primary schools and planted at Holywell.

The initiative contributes to curriculum work by putting learning



into context and developing links beyond the classroom.

The 'Our King' theme enabled the pupils to learn more about our new King and the Royal Family in advance of the coronation in May. The competition coincided with the start of *British Science Week*.

The planted design, which features the King's cypher, incorporates coloured stones and will be seen



by hundreds of visitors and local residents over the summer months.

For further information about *Eastbourne EBP* and the 2024 'In-Bloom' competition for primary schools please contact tim@eastbournebp.org.uk

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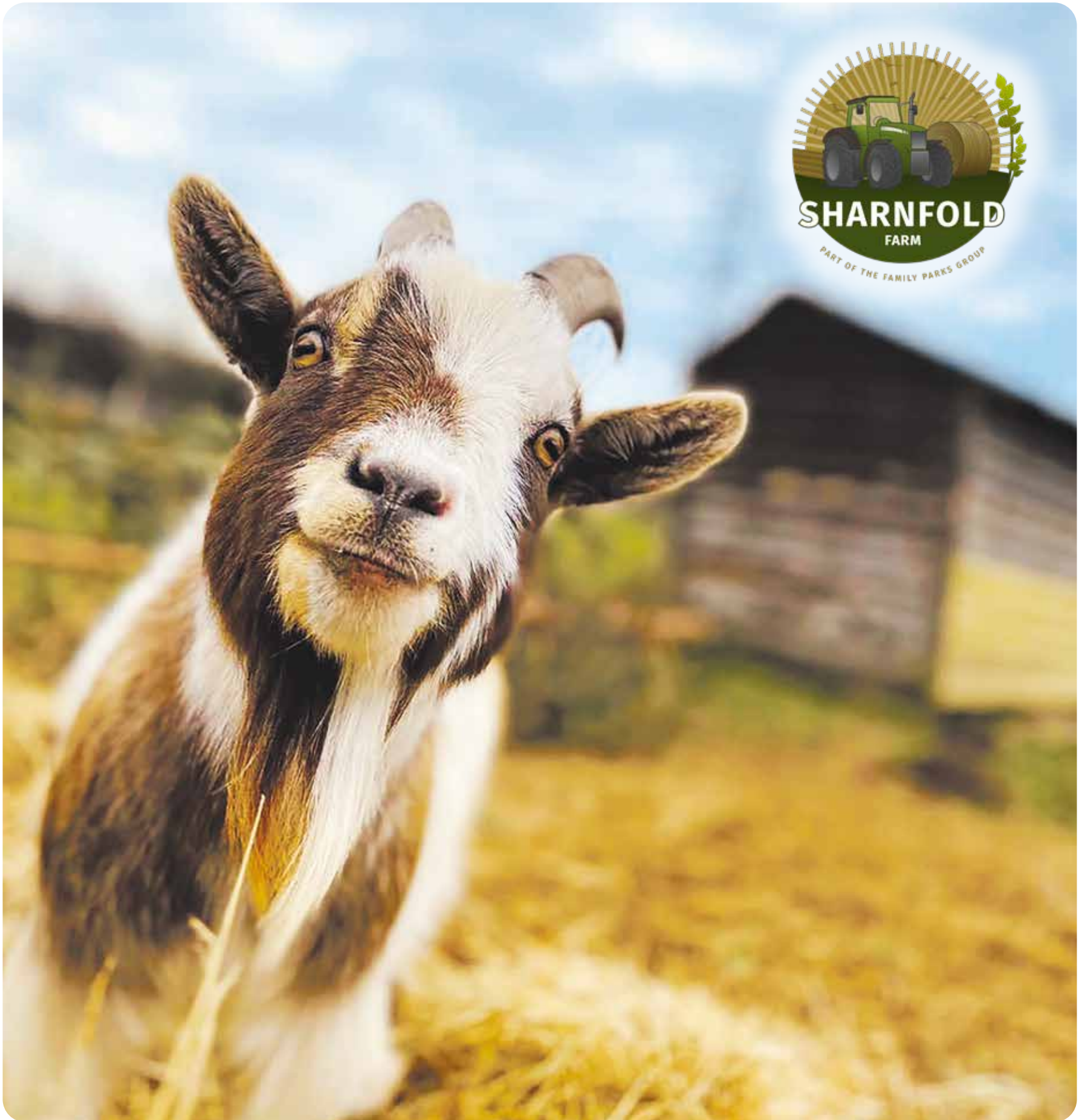
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Cavendish Bakery celebrates 50 years

CAVENDISH BAKERY epitomises everything we're celebrating in our Love Local feature this month.

By **Peter Lindsey**

It's a thriving independent that's loved and relied upon by countless customers and businesses across the town.

It also happens to be one of my favourites and my go-to for a morning coffee and pastry.

The business was established in 1973 in Grove Road by Cliff and Maureen Bennett under the name *Saffrons Patisserie*. Their son Mark joined from school and daughter Karen also worked within the business for many years. Mark completed a 3-year apprenticeship and won the prestigious industry *Renshaw Cup*. He became a partner in 1992 before taking over the business completely on Cliff's retirement in 2000.

As a family business, it extends back another generation to Norman Bennett, father of Cliff

and grandfather to Mark. He was a director of the once-famous *Bondolfi's* tea rooms in Eastbourne and an accomplished pâtissier and wedding cake decorator. He would be proud to know his legacy continues.

What's made it our best local bakery over the years?

For some, it's a favourite loaf, particular pastry or a traditional cake like the bakery's Eccles that just isn't as good anywhere else. For others it's the ability to stop off and pick up a lunch that's quickly made to order...

"Their filled rolls are incredible value. You pick from their range of rolls made that morning and a variety of fillings – or bacon or sausage if you fancy something hot. Everything is so fresh and tasty. There's nowhere else really that I can pop into for quite the same service, quite so easily."

"I've been going to Cavendish Bakery for years and love

everything about it, especially their multi-seed rolls which we really love for barbeques."

"Definitely their Danish pastries! Divine."

In addition to bread, packs of rolls, filled sandwiches and rolls, salad boxes, cakes, pastries and pies, you can pick up eggs, crisps and chilled and hot drinks. The bakery serves *Yorkshire Tea*, *Lavazza Coffee* and *Zuma Chocolate* plus a range of herbal and speciality teas and different milks.

Need a moment? Take a seat in the window and watch the world go by.

Sandwich & cake platters to order

As well as a busy wholesale delivery service providing for cafes, delicatessens, hotels, schools and restaurants around the town, *Cavendish Bakery* provide a brilliant buffet service.

Their platters are made to order on the day with freshly baked bread and fillings made at the bakery. With just a couple of days' notice they're a great way to cater for a



meeting, event or party. Details at: cavendishbakery.co.uk/buffets
Or call **01323 726406**

Cavendish Bakery is open 7am – 2.30pm Monday to Friday and 7am – 2pm on Saturdays and is located on the corner of Cavendish Place and Tideswell Road.



Follow on *Facebook* and *Instagram*
@cavendishbakery

Visit cavendishbakery.co.uk
Call **01323 726406**



Tim Passingham, Lightning Fibre Chairman, welcomes the Stakeholder Event audience.

Lightning Fibre sharing local love

CAROLINE Ansell MP and Cllr Stephen Holt, Leader of Eastbourne Borough Council, joined Lightning Fibre’s Stakeholder Event at The View Hotel, Eastbourne in May.

By **Rob Reaks**, Lightning Fibre

Lightning Fibre hosted a Stakeholder Event at The View Hotel, Eastbourne on 25th May, with guest speakers Tim Passingham (Chairman of the Board, Lightning Fibre), MP for Eastbourne and Willingdon, Caroline Ansell, and Your Eastbourne BID CEO, and Leader of Eastbourne Borough Council, Cllr Stephen Holt.

The Event was also attended by the Mayors of Eastbourne and Hailsham, Their Worships Cllr Candy Vaughan and Cllr Paul Holbrook, and the Deputy Mayor of Polegate, Cllr Heward.

The company presented its latest Impact Report, covering ‘community’, ‘employment’ and ‘the environment’.

Highlights included the growing local workforce (almost 200 full time employees), a new commitment to ‘net zero’, and a range of event

and charity sponsorship and support. The company relocated from Polegate to Moy Avenue, Eastbourne, in early 2023 to a new HQ, opened by Caroline Ansell, MP.

In Eastbourne, *Lightning Fibre* has sponsored *Eastbourne Carnival*, *Wyntercon*, the *Mayor’s Ball*, and the *Lightning Fibre Ice Rink*.

In Hailsham, *Lightning Fibre* has supported *Hailsham Festival* and *Hailsham Artists Network*, as well as *Hailsham Active*, helping to secure almost £200,000 for community projects and groups in the town.

Heathfield benefited from substantial financial support for the *Heathfield Show*, enjoyed by 17,000 people. Hastings and

St Leonard’s enjoyed a *Wild In Art Art Trail* during the summer months, raising over £76,000 for *St Michael’s Hospice*, in part thanks to *Lightning Fibre’s* financial support. *Lightning Fibre* also sponsored Hastings’ *Pirate Day* and St Leonards’ *Frost Fayre*.

Charities supported included *The WayfinderWoman Trust*, *Children With Cancer Fund*, *St Wilfrid’s Hospice*, *Eastbourne Mencap* and *Eastbourne Foodbank*.

The firm also supported several grassroots football clubs, and Hailsham and Heathfield Bonfire nights.

The Lightning Fibre Ice Rink

The ice rink, which was set up by the *Enterprise Shopping Centre*, welcomed more than 17,000 visitors in December 2022.

CEO of *Your Eastbourne BID* Stephen Holt said: “We are absolutely delighted with how the ice rink was received this year.

“We promised a bigger and better ice rink this year, and with the hard work from our incredible team, that’s what we achieved. *The Winterland* certainly made Christmas in Eastbourne special this year. I would like to say a huge thank you to the ice rink team. Their hard work and flexibility allowed us to make Eastbourne’s *Lightning Fibre Ice Rink 2022* better than 2021.”



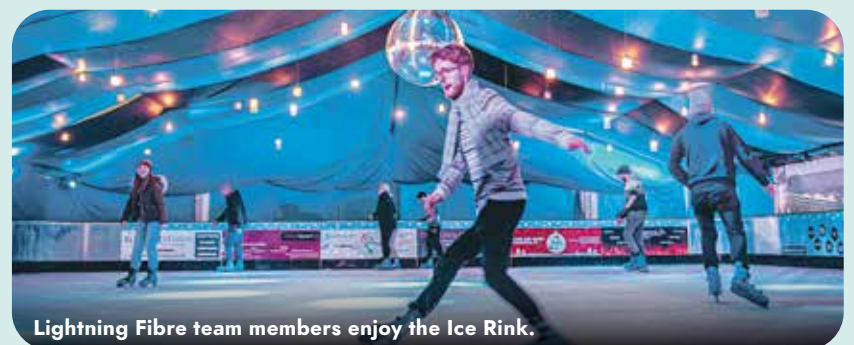
Bexhill Mayor, Cllr Plim, with a duck from the Wild In Art Art Trail.



Guest speaker, Cllr Stephen Holt.



Caroline Ansell MP.



Lightning Fibre team members enjoy the Ice Rink.



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At Tall Guy Coffee Co, we may have changed the recipe, but our commitment to deliver exceptional products and great service remains tall and strong!

A warm welcome awaits at 69 Terminus Road Eastbourne





WYNTERCON, the award-winning and highly acclaimed, charity focused, family fun Comic Convention with a twist returns this October to Eastbourne.

By **Michael Gwatkin**, Photography by **Asylum Imagery Events**

Celebrating their tenth year, this fundraising super event spreads across the iconic Winter Gardens Floral Hall and the neighbouring Eastbourne Welcome Building. Filling both venues to the brim with show stopping attractions and exhibits.

This years *WynterCon X* is brining a full sized replica Ecto-1, the iconic vehicle from the *Ghostbusters* movie franchise, that guests can actually sit in. Celebrity guests from many of your favourite TV and film franchises. A huge cosplay hall and competition, sponsored by *Lightning Fibre Hyper Fast Broadband*, where anybody can dress as their favourite characters and get involved in the fun. A huge space dedicated to educational workshops, including computer programming and art, organised by

local charity *Sky Creative Sussex*, who the event is in aid of, and so much more.

This year is set to be *WynterCon's* biggest and best so far, offering family entertainment in a way other events in this genre simply can't compare to. All of which is in aid of the aforementioned *Sky Creative Sussex*. An award winning charity focused on delivering workshops to disadvantaged individuals through the accessible lens of Fantasy and Science Fiction to inspire creativity and help develop social skills to encourage individual growth and support to those in need.

WynterCon X takes place across Saturday, October 14th to Sunday 15th, 2023. To find out more and to book your tickets visit www.wyntercon.org



A heart to heart with Jay

WE had the exciting opportunity to speak to one of Britain's most engaging restaurant critics and Jazz musician, Jay Rayner. He's naturally chatty, and very knowledgeable about his passions.

By **Scarlett Apted**

We jumped straight in by asking which is his biggest passion, music or food?

"People try to make me separate these two things out and I don't really. I adore my life as a musician, but I am also a writer and a man who writes about food, and those two things sit comfortably in my life."

His band, the *Jay Rayner Sextet* is headlining *The Eastbourne Jazz and Blues Festival* on 29th and 30th July. We asked him about his early musical experiences. Aged ten, Jay started taking piano lessons. Describing that "I didn't get very far with them, I got to around grade 3 I think before thinking this was boring and giving it up."

Extraordinary musicians

We asked Jay, "Have you ever played with anyone where you had to pinch yourself?"

He said "This will sound like I'm just ingratiating myself with my band, but the musicians who play with us now are an extraordinary lot'. (Pat Gordan-Smith, Robert Rickenberg, Dave Lewis, Sophie Alloway and Chris Cobbson). He also mentioned that he had the experience of playing with some 'ridiculous people' like Jim Mullen and Mark Nightingale.

So what artists would he still like to play with?

"I did have a fantasy of getting myself onto *Hootenanny* with Jools Holland's big band, that would be lovely."

Jay Rayners' hit podcast – '*Out to Lunch*', has now finished, but we asked who were his most memorable guests. "Patrick Kielty was fantastic, he's a great talker and a great guy. Guy Garvey, a very charismatic chap and very up for it."

Desert island discs

What about Jay's Desert island discs? He gave us three, "There was a great pianist called Gene Harris, and his version of 'You make me feel so young' is spectacular and something I listen to a lot."

He then went on to evoke his inspiration influenced by Gene. "There's this old thing about men who sing in the shower want to sound like Frank Sinatra. Well, I want to play like Gene Harris.

"I've always been obsessed with the very opening track of Sinatra at the Sands – 'Come fly with me' but really it's the intro. I love it to pieces. Lastly I'm going to say, the Dianne Reeves soundtrack to the George Clooney film, 'Goodnight, Good luck'. It's just perfect."

If you're a fan of Jay talking about food, the *BBC Radio 4* show *The Kitchen Cabinet* will be coming to Tunbridge Wells on the 19th of July, you can apply for tickets at www.bbc.co.uk/showsandtours

Join Jay

Book tickets for *The Eastbourne Jazz & Blues Festival* on the Western Lawns, Eastbourne. Sat, 29th July – Sun, 30th July 2023 from 11:00am.

www.visiteastbournetickets.co.uk



Image: Pal Hansen



Image: John Lyons



Image: John Lyons

It's time to Jazz it up

EASTBOURNE'S International Jazz & Blues Festival is almost here.

By **Harry Farmer**

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

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

What an incredible line up

Over the weekend there's live music for everyone! including;

Jazz Up The 80's with pianist **Jay Rayner & his Sextet**. Jay's a regular judge on BBC1 Masterchef and a Food Critic.

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

Ian Shaw : When Bowie Met Joni – A multi award winner – best Jazz vocalist at *The BBC Jazz Awards*.

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

Oye Santana – Simply the best tribute band!

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

Plus exciting local bands, **The Light Keepers, Grace & Danger, Ray Russell Band, The Jazz Groove Collective** and **Stormy T & Bluesman Lane**.

Come join us at our Aftershow Party

On Saturday night Eastbourne's **DJ Fergus** and Hastings based **DJ Wendy May (Locomotion)** will be spinning the sounds at our Aftershow Party in *The Gold Room*, at *The Winter Garden*. A night not to be missed! From 8pm until late.

A weekend packed with exciting live music at affordable ticket prices! Plus bars, pop up food stalls and traders.

Book early!

To book tickets, please go to: www.visiteastbournetickets.co.uk where you can buy one day, two day weekend tickets and tickets for the Aftershow Party in *The Gold Room*, at *The Winter Garden*.

You can also see full festival details here too!

Lightning Fibre
Hyperfast Broadband

JAZZ

BLUES festival

JAY RAYNER SEXTET
SARAH JANE MORRIS : SWEET LITTLE MYSTERY
IAN SHAW : WHEN BOWIE MET JONI
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Plastic free beauty

WOULD you consider swapping the plastic in your bathroom for something more sustainable?

By **Gail McKay**

Karine Morrison decided to do just that. And now she's the owner of Ecohavenstore, an ethical plastic free company that specialises in bathroom and beauty products.

As a devout wild swimmer, Karine likes nothing better than to start the day with a cold dip swim in Eastbourne's rather refreshing sea,

whatever the weather. It was what inspired her career change. She found herself literally swimming in plastic so decided to dedicate herself to a plastic free cause.

While researching the problem, Karine discovered that only 10% of plastic is recycled. She immediately looked at ways she could upgrade her own lifestyle and make plastic free changes.

Karine started with bamboo toothbrushes. It's an easy swap,



bamboo is fast growing, anti bacterial, biodegradable and compostable. One of her biggest sellers is an electric bamboo toothbrush.

Why you should think about swapping your toothbrush:

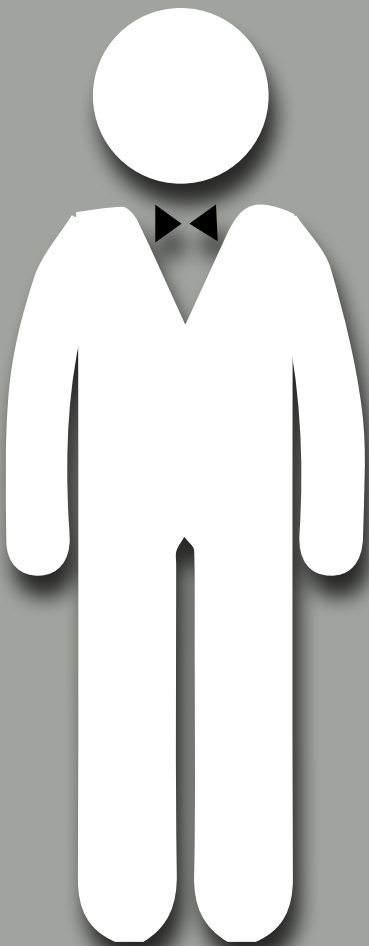
- Pollutes our oceans.
- Over a billion brushes are thrown away every year.
- Takes over 500 years to decompose.
- Biodegrade into microplastic which eventually makes its way into our body through water or food.

One simple change can make a BIG impact on our planet.

As a Director at *Plastic Free Eastbourne*, Karine also campaigns for greater sustainability in our town. The most recent event was the *Spring Water Festival*, attended by several thousand.

You can order products at:
www.ecohavenstore.com
Facebook [@ecohavenstore](https://www.facebook.com/ecohavenstore)

plasticfreeeastbourne.co.uk is working towards a carbon neutral town for 2030.



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Let the journey begin

IT'S a unique top quality dining experience at *Journeys Wine Bar and Restaurant* in Station Parade.

By **Peter Lindsey**

And owners Marina and Amy Stone are over the moon with how the first six months have gone. They both have vast experience in Michelin starred dining.

"We have had a very successful start and are both confident it will get even busier," said Marina.

"We have so much to offer our customers, and we are delighted when they come back again and again."

Journeys offers:

- Flexible and social dining experience, be it a small plate, large one or tasters
- All the bread is fresh and cooked at the restaurant
- New fresh summer menu
- Fresh homemade pasta
- Cocktails
- Wine and other drinks.

Amy said: "We try to give each diner the best possible experience when they come here."



"We are particularly excited about our new summer menu, which we launched in mid-June.

"It's all fresh and homemade, and I am specially enthused about the amazing Salmon Brulee.

"The Burrata is great too – everything we serve I make and cook from fresh."

As well as the Mediterranean food, it's also a wine bar and customers can walk in for drinks-only as well as food.

The wine is organic and there are natural options.

Marina said: "The dine-in is flexible in a relaxed and welcoming atmosphere. You can share if you want to, or design your own menu from what we have to offer.

"The cocktails are special too as I'm using fresh ingredients to make my own syrup.

"We are very busy and we thank our loyal customers for that. If you haven't been yet, give us a try. We are sure you won't regret it."

The couple are planning special events for later in the year, including a Wine Dinner in September and Beaujolais Evening in November.

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

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



info@journeyswinebar.com
journeyswinebar.com

Journeys is open from 12:00pm to 11pm Tuesday to Saturday. Sundays and bank holidays from 3:00pm to 11:00pm. Lunch is served 12–3pm and dinner 6–9pm.

DINING AT THE LANSDOWNNE

Est. 1912
Seasons

Always delicious

Summer menu out now

Summer time at last, and a whole new menu of exciting and refreshing tastes for devotees of 1912 Seafood & Steak at The Lansdownne. Perfectly perched by the Western Lawns (just look for the big wheel). 1912 Seasons is the summer menu you've been longing for after a day out on the beach or by the promenade. Always here, always fresh and delicious.

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THE LANSDOWNNE

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So much to love at the Lansdowne

WITH the weather warmer and sun firmly shining, many visitors and locals alike are enjoying Eastbourne seafront and making the most of this time of year.

By **Stephen Callis**

Our doors are always open for coffee, a bite to eat or a drink in our bar. Do drop in if passing by and make the most of our comfy lounges or restaurant, 1912 Seafood and Steak.

Current dishes on the menu at 1912

We have recently undertaken new photography throughout *The Lansdowne* which has included several images of our current menu items at 1912. The following are a flavour of some of our current highlights.

Main course recommendations:

Surf and turf. This is a guest favourite and is well worth trying. Enjoy char-grilled 8oz prime fillet steak served with king prawns, calamari, Dauphinoise potato and lemon-garlic butter.

Tuna steak. Enjoy grilled tuna steak served with fondant potato, pea purée, grilled asparagus with tomato and chilli salsa.

Indulgent desserts include:
Banoffee cheesecake. Served with salted caramel ice cream.

White chocolate and passion fruit panna cotta. Served with raspberry jelly.

1912 – two courses for £22

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.

Enjoy brunch, lunch or nibbles

We offer a selection of items between 11am and 2pm and sandwiches and toasties from



midday to 5.30pm. Join us for a leisurely morning and try our brunch with choices such as Eggs Benedict, Eggs Florentine or avocado on toast. Perfect for a Sunday morning stroll or if passing by.

Forthcoming event highlights

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



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DayRider Ticket options -

<p>East Sussex DayRider £5.00</p>	
<p>East Sussex DayRider U19 £3.20</p>	
<p>(NEW) East Sussex DayRider U29 £3.75</p>	
<p>Free accompanied child - Up to four children can ride free with any valid adult ticket or concession pass</p>	



Sardinia has arrived in Meads



MEADS has always welcomed unique independent businesses. Ancient Grains is a wonderful addition to its thriving village-like high street.

By **Gail McKay**

The cafe opened two years ago to an incredible reception. There was something special about the food and the presentation. It began with brunches and lunches, all with a Sardinian twist. Then the owners, Davide and Carla tried a few weekend pop up restaurant events which were a sell-out.

Weekend evenings

Friday and Saturday evenings are now a staple part of the business. They've added tasting evenings with wine pairing.

There are two menus, an a la carte for walk-ins, plus a pre-order menu for food that needs that little bit longer to prepare like Spigola al Cartoccio. Sea bream wrapped in paper (stuffed with potatoes and Sardinian sun-dried tomatoes) one hour slowly cooked in the oven.

Traditional pecorino

Fregola, which is toasted pasta, served like a stew with clams and mussels is an absolute must and you have to try Culurgiones al sugo e Pecorino, fresh pasta stuffed with potatoes, mint, pecorino cheese topped with a delicious tomato sauce and more mature pecorino cheese. It comes from ogliastra and looks like a giant rabbits ear.

Sardinia is famous for its pecorino cheese, made from sheep's milk. They only use Sardinian pecorino.

The portions are generous, and perfectly matched with Sardinian wine.

Lunch and brunch

Delicious brunches include halloumi and avocado on homemade sourdough, or crispy, cured Sardinian bacon with eggs on sour dough. Lunches include sandwiches, salads, and Sardinian specialities like traditional ravioli, grilled prawns, sardines and cod fillet.

Having grown up in Sardinia, Carla and Davide's authentic recipes come from their families' growing up.

Carla remembers her granny cooking coccoi de tomate, which is only found in Jerzu. Courgette, onion, pecorino cheese and tomato, baked in the oven. A simple recipe that takes years to replicate its perfection.

Art talk

Keep an eye out for future art evenings on Thursdays which include a tasting menu.

You'll struggle to find anyone else nearby serving authentic Sardinian food which has its own distinct flavour profile, with influences from the Mediterranean and a focus on bold, earthy flavours.

Community

Davide, a trained chef, worked locally as a sous chef until they decided to open their own café, a couple of years ago. They love the community feel of Meads with many loyal customers, but their reputation is nationwide, with regular visitors from Brighton, London and beyond.

Check out their 5 star reviews on *Google*. They can pretty much guarantee that if someone has visited once, they'll return.

Ancient Grains is calm, cool, and inviting with soothing tunes flowing from an old-fashioned record player in the corner.

An authentic introduction to delicious Sardinian cuisine.

Brunch and lunch, Tuesday to Saturday.

Sardinian Evening meals on Friday and Saturday. Booking only.



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eastsussex.gov.uk/DiscoverLibraries





Ratton Pantry

LOOKING for premium products to fuel your passion for baking, bread making or home made pizzas?

By **Peter Lindsey**

Eastbourne based Ratton Pantry may be just the solution, offering a convenient shopping experience with items delivered straight to your door, for free.

High-quality ingredients

During the height of the COVID-19 pandemic, sister and brother-in-law Victoria Kingford and Sean Hammett had a difficult time finding high-quality baking ingredients and pantry staples.

As avid home bakers, and Eastbourne residents, they knew others in their local area were having the same problem. So, during mid 2020, they decided to take matters into their own hands and procured baking essentials for themselves and anyone else in their community who was interested.

But despite humble beginnings, the business has seen promising growth since its launch just under three years ago, selling goods and sending orders daily to customers all over the country via their website.

Huge range

Fast forward to 2023 and the company has grown to a strong team of seven, all working together to maintain their high level of customer service, along with a deep knowledge and passion of the items that they offer. Their product range has also increased significantly and now includes a huge range of Italian, French and English artisan flours, a collection made up of over 100+ different flour varieties. Brands include *Shipton Mill*, *Matthews Cotswold Flour*, *Caputo*, *Wessex Mill* and *Wildfarmed*. A plethora of Gluten-Free flours also compliment the growing collection.

“As a company we want to be as inclusive as we can when it comes to getting people involved in baking, this is hugely important to us and this is why we now carry an array of 20+ different Celiac friendly, non-wheat, Gluten-Free flours from Millet to Maize, Chestnut to Chickpea” says Sean.

Premium produce

Notably one of the biggest changes to *Ratton Pantry* since its inception is their incredible offering of premium imported Italian produce.

With the pandemic being a catalyst to the home pizza making boom, people can now recreate authentic Italian pizzas in their own homes thanks to the availability of pizza ovens from such companies as *Ooni* and *Gozney*.

On the verge of being classed as much as a deli as it is a pantry, you can now shop at *Ratton Pantry* for Italian San Marzano Tomatoes, Fior di Latte Mozzarella and a smorgasbord of Italian meats, all carefully selected for making the perfect pizza. Their Italian range can either be delivered to your door, or collected from *Ratton Pantry's* new premises off Lottbridge Drove, although the featured Ferrari will need to be purchased separately from their friends at *HPC Classics!*

Fresh goods

“Since the move to our new, larger, modern unit in late Summer 2022, the extra space has allowed us to not only store a greater quantity of products and a wider range of items, but also has provided us with the room to set-up a large new walk in fridge to expand our range of fresh goods” says Sean.

Ratton Pantry have always made sure that sustainability has remained a core part of their business throughout. The move to responsibly sourced cardboard boxes, paper tape and compostable packing chips makes sure that all of their online orders are as environmentally responsible as possible. The team have also



started working with local charities to help tackle food waste, and have partnered with pioneering brands such as *Wildfarmed* to promote a more sustainable farming model that focusses on soil health and regenerative agriculture.

Free delivery

Closer to home and not wanting to lose sight of their roots, Eastbourne will always remain close to their hearts. They're enjoying growing a combination of local private customers and businesses, who enjoy both their premium products and friendly customer service. Offering a free delivery service to anyone that lives locally, *Ratton Pantry* provides a seamless, simple and convenient shopping experience.

With the promise of bread and pizza making events on the horizon, *Ratton Pantry's* passion and drive for building a vibrant local community of like minded bakers runs stronger than ever and we certainly look forward to watching their progress over the coming months and years.

Why not reach out and say hello?

Sean and the team can be contacted via email hello@rattonpantry.co.uk or you can pick up the phone and call them on **01323 379719**. You can browse and shop online at www.rattonpantry.co.uk

Prefer to visit them in person?

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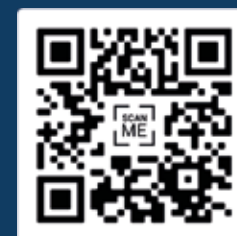
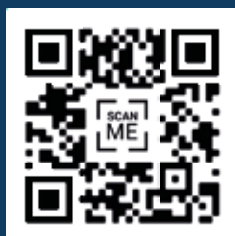
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The benefits of Reflexology in a busy world

IN this day and age, it's so easy to find ourselves completely overwhelmed. With the fast pace that most of us move in, it's easy to see why.

By **Louise Hayes**, Inner Sole Reflexology

Work, kids, family, house, social events, social media constantly pitting us against each other and adding to the negative thought processes of 'Am I good enough', 'Why do others look like they are smashing it and I feel like I'm drowning'?

Let's be honest, social media never shows the full story and I can guarantee that you are smashing it, more than you realise.

Stressed out

Reflexology is my absolute go to when I am feeling overwhelmed, stressed out and my anxiety is at a point where I feel like my heart could quite literally jump out of my chest.

I try to take myself off for five minutes, or however long I can grab, and bringing it back to basics.

Just some simple breath work, coupled with some hand reflexology can do wonders. It will give me the clarity to re-enter the situation I came from with a calmer head. Generally, it's my kids pushing me to the brink and let's face it, sometime, there's not

enough breath work in the world that can calm those situations!

Healing

I see clients for all manor of different situations from general relaxation, severe anxiety, through to sleep issues, infertility, pregnancy, digestive issues, back problems, the list goes on.

By applying a series of gentle massage techniques to reflex points on the foot, which can also be done on the hands and face, this will help to release the build-up of toxins, boost your circulation, and bring your body into a sense of relaxation so it can naturally work through its own healing processes.

Self-Care Sunday

To find out more, please check out my website or *Facebook* page, *Inner Sole Reflexology*, or join me, every Sunday at 8pm, via my *Facebook* page for a FREE Self-Care Sunday, where I take you through some relaxing facial massage as well as some hand reflexology to help set you up for a great week ahead.

Facebook @[inersolereflexology](https://www.facebook.com/inersolereflexology)
www.innersolereflexology.co.uk



Support for women with breast cancer

A BRAND new support group for women who have a breast cancer diagnosis has been set up by Claire Johnson.

By **Gail McKay**

She says, "Being Diagnosed with breast cancer can be a lonely place. We should know, we've been there."

They offer a listening ear, peer support and hold informal meet ups.

If you are in the Eastbourne area, have had a diagnosis of breast cancer, and would like to know more about the meetings and the support offered, please call Caroline on **07982 682746** or email eastbourneconnect@gmail.com

www.escis.org.uk/advice-and-support/breast-cancer-connect-eastbourne



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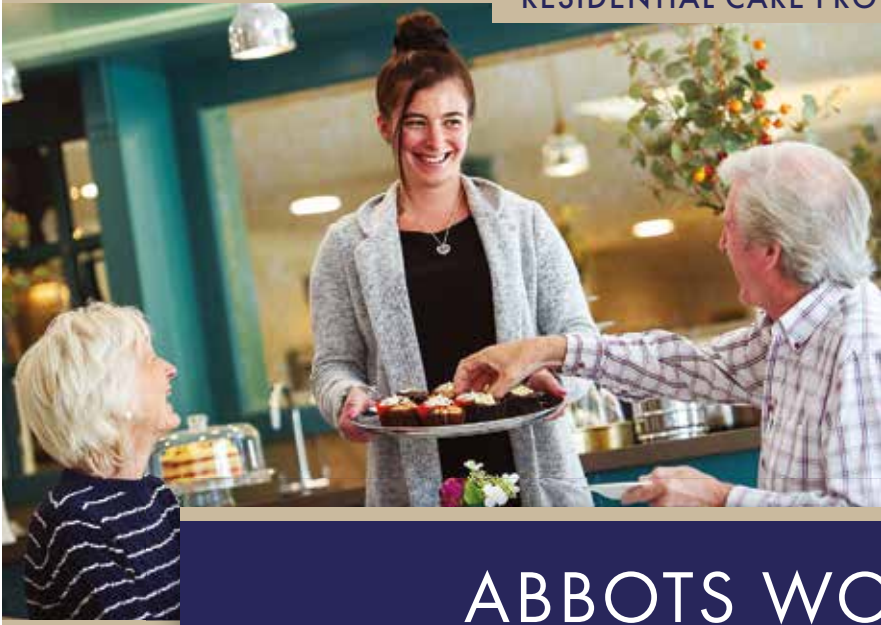
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Why wellbeing at work is so important

IF you are an East Sussex employer, you can sign up for the *Wellbeing at Work* accreditation programme.

By **Peter Lindsey**

The accreditation programme will support you to improve wellbeing in your workplace by providing a free framework to follow.

And you will be rewarded for your commitment to improving wellbeing by reaching award status and having access to a range of free training.

It doesn't matter if your organisation is small or new to implementing wellbeing initiatives as the *Wellbeing at Work* team will support and guide you every step of the way.

The programme:

- Offers workplace health resources, training, events and a signposting service to those working in East Sussex.
- Operates a free **Accreditation Scheme** for East Sussex employers, providing a framework to improve employee health and wellbeing, whilst rewarding organisations who are actively working to do so.

- Is free to all types and sizes of organisations based in East Sussex.
- Is funded and delivered by Public Health at *East Sussex County Council*.

46 percent of employers still lack a formal strategy or approach to wellbeing and tend to act on an ad hoc basis.

But having a productive and healthy workforce should be the aim of every organisation, especially as we recover from the Covid-19 pandemic which has had such a huge impact on business and the wellbeing of employees.

To find out more about the programme visit here: www.wellbeingatwork.eastsussex.gov.uk



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By **Stephanie Crewe**

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And breathe...

BREATHEEASY Eastbourne and Lewes are a registered charity that supports people with chronic lung conditions and asthma.

By **Scarlett Apted**

They do this in many ways, and their support group takes place on the third Tuesday of every month from 2–5pm at the Deerfold Centre, 233 Seaside BN22 7NR. They have speakers, a quiz, seated yoga, tea and biscuits, a raffle and much more.

Similarly, they run a Pulmonary Rehabilitation maintenance exercise programme that takes place in Eastbourne and Polegate on a Monday and Wednesday from 1:00pm until 3:00pm.

Warm and friendly

They have social outings and a disability allotment. As well as having a Support Line – **07949 811599**.

The meetings are a social gathering space and are warm and friendly where friends and carers are also welcome. So, if you want to feel supported, gather information and be with people who understand.

Breatheeasy is always in need of volunteers and committee members for a variety of different roles. Please email breatheeasyeastbourne@gmail.com for details.

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The Arts



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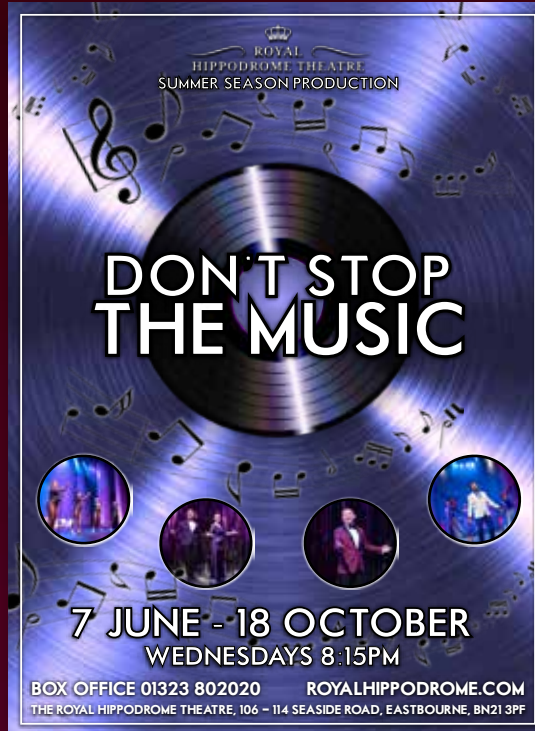
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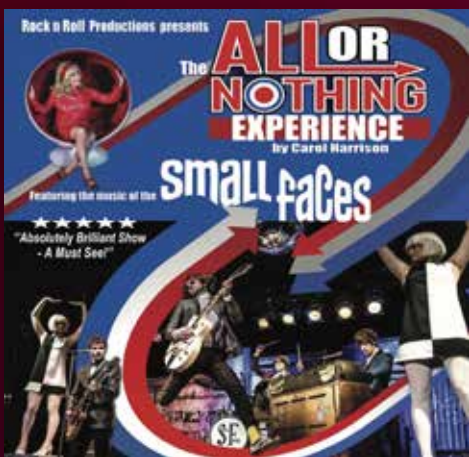
Eastbourne G & S: Iolanthe
Sat 1 & Sun 2 July



Don't Stop The Music
Wed 5 & Wed 12 July



Duran Duran Experience
Fri 7 July



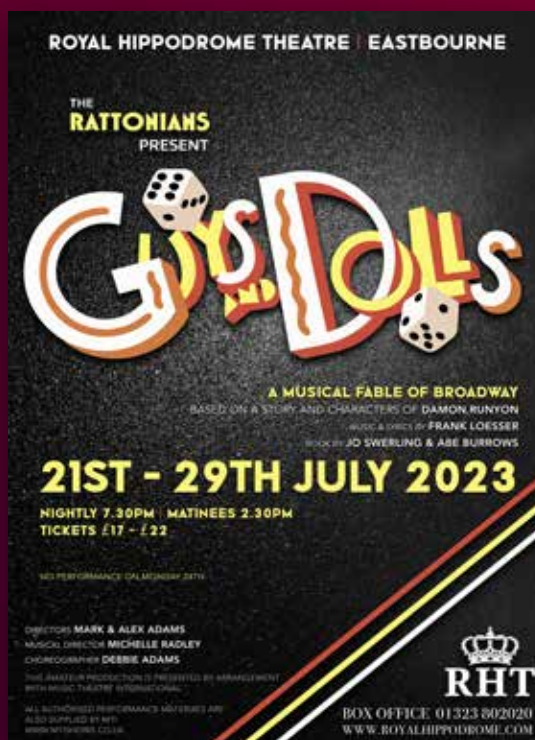
The All or Nothing Experience
Sat 8 July



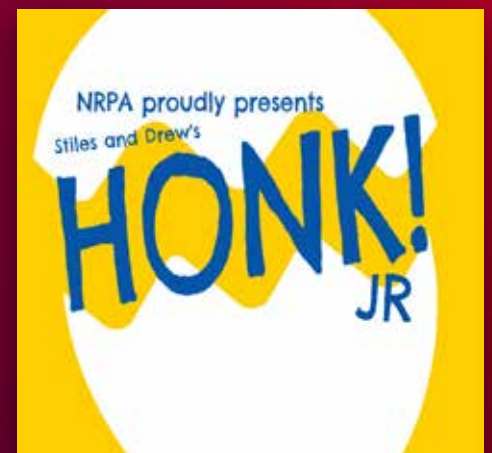
Bond School of Dance
Sun 9 July



The Jersey Beats
Thu 13 July



The Rattonnians: Guys and Dolls
Fri 21 - Sat 29 July



NRPA: Honk! Jr
Sat 15 July

Box Office 01323 802020 | royalhippodrome.com
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Images by Trevor Mould.

Don't Stop The Music

ROYAL Hippodrome Theatre, Eastbourne.
On Wednesdays from June 7th to October 18th, 2023.



By **Tony Flood**

The Royal Hippodrome's eagerly-awaited summer season production *Don't Stop The Music* got off to a great start – a fitting way to celebrate the 140th anniversary of Eastbourne's oldest theatre.

As promised, the show had something for everyone, with popular songs, excellent vocals and sparkling dance routines, mixed with humour.

Multi talented song and dance man **Grant Martins**, who led a fantastic company of local professional performers, provided most of the comedy. Some of his jokes were drawn out but they made us chuckle, and his rapport with the audience was superb.

The highlight came when velvety voiced **Star Bray** managed to give an excellent rendition of My Heart Will Go On despite the antics of male members of the cast trying to recreate Titanic with various props. It reminded me of the Morecambe and Wise sketch with Shirley Bassey.

There were other spellbinding vocals from **Alex Adams, Thomas Hackett, Barney** and **Paula Pout, Eliza Hackett** and **Laura May Sivers**.

They brought back fond memories of Donny and Marie Osmond with Morning Side of the Mountain, Sammy Davis Jr (I've Gotta Be Me), Stevie Wonder (For Once In My Life), Matt Monro (Born Free), The Carpenters (We've Only Just Begun), Cilla Black (You're My World) and Barry Manilow (I Made It Through The Rain).

Polished, experienced dancers **Darcie Bennett** and **Nikki Brook** joined the rest of the cast in dazzling numbers choreographed by **Debbie Adams**, the joint producer with husband Alex, who also directed the whole show. Debbie, **Melanie Adams** and **The Rattונים** were responsible for some fabulous costumes.

It all added up to a fun-packed evening for the whole family, and was an ideal way to welcome us back to a revamped theatre which boasts new seats and a redecorated, recarpeted auditorium.

Tickets for ***Don't Stop The Music*** are £18, with concessions at £16, and it runs each Wednesday at 8.15pm until October 18th.



Lighting up the local art scene

SINCE opening almost two years ago, *The Lighthouse Gallery* on Cornfield Terrace has gone from strength to strength, building a strong community base of loyal customers, and attracting visitors from far and wide.

By **Caroline Repchuk**

At its heart is the ethos of supporting local artists and makers, giving them the opportunity to showcase their work in a beautiful period building where the atmosphere is relaxed and informal and the welcome is warm!

Fabulous art and coffee

The artwork is served up alongside fabulous coffee and amazing cakes, locally produced by *The Coach House* bakery. The walls are lined with a wide variety of stunning paintings, many inspired by our spectacular local landscape. That inspiration spills over into many of the ceramic pieces, the glasswork, textiles and sometimes even the jewellery!

With the upcoming arrival of the *Turner Prize* at *The Towner*, it's a very exciting time to be involved in the art scene in Eastbourne. As an independent gallery we are looking forward to the opportunity to bring the work of the local artists we represent to a much broader audience. An influx of art-loving visitors to our town is a cause of celebration for everyone involved in Eastbourne Arts.

Little Chelsea Food and Arts Festival

The Lighthouse Gallery will be out on the road taking part in the *Little Chelsea Food and Arts Festival*

on July 8th. We host workshops and demonstrations throughout the year and will be holding a series of talks and events in the coming months. Follow us on *Facebook* and *Instagram* to keep updated.

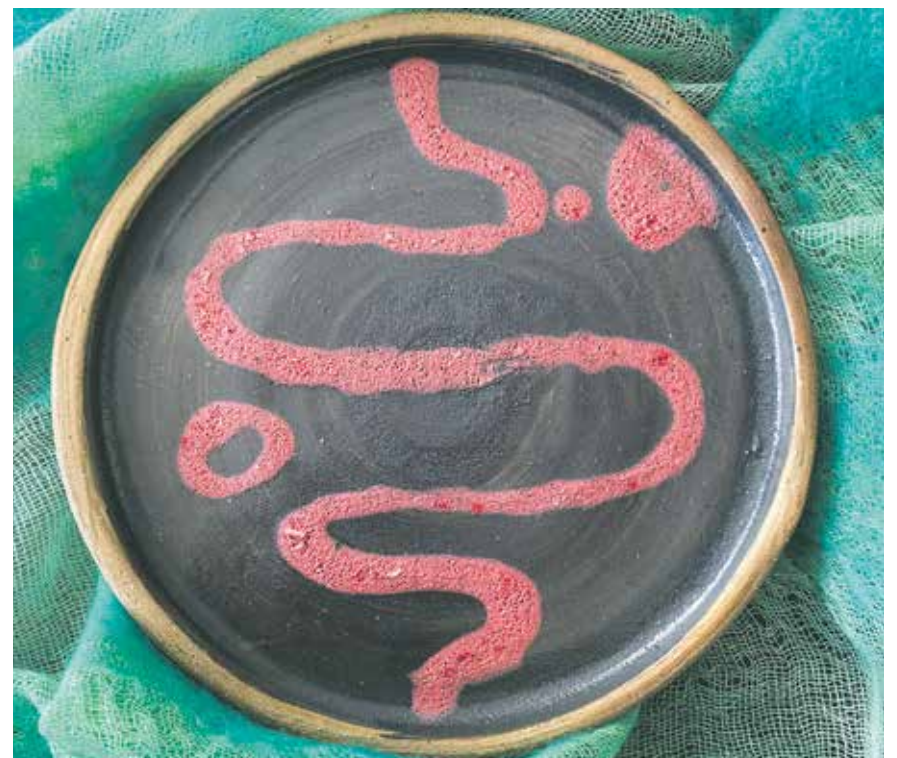
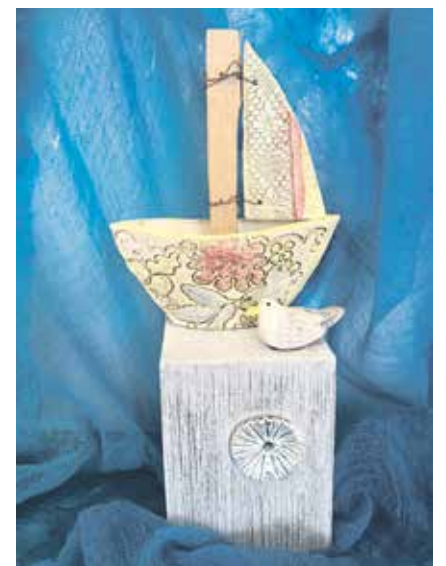
We are open from 10am to 4pm, Tuesday to Saturday. Don't just trot by enroute to *The Towner*, stop by and see us, and find out what Eastbourne's talented artists and makers have to offer!



Open Tues–Sat, 10am–4pm

**The Lighthouse Gallery
19 Cornfield Terrace
Eastbourne BN21 4NS**

07748 354879



The most amazing event

FROM the French verb meaning 'to chat', *The Bavard Bar* is a must-see monthly show at Eastbourne's Towner.

By **Harry Farmer**

Hosted by former lawyer turned MC, Tim B'vard, and supported by Piano-Man-Dan, every month three speakers share something they're passionate about.

Whether that be things found in second-hand books, fretless guitars, juggling, secret nuclear bunkers or forming an all female big band, the

subjects are limitless and fascinating. And fundamentally real.

In the words of audience member Bean Arno, a night at *The Bavard Bar* was a: "Great evening, fantastic speakers, came away totally energised."

Mixed in with the night's three 'bavards', the audience can participate, if they wish, in a variety of comedy based games. From a caption competition to the improv 'KP Lite' game, where the challenge is to make up a story based



Caf and Tim.

on six unseen images. Or the 'Oojah Kappivvy', where audience members try and bluff the audience into believing, or disbelieving, something they claim to have done. Plus the, often hilarious, 'Make it Stop', where audience members dance to a song only they can hear, for the audience to guess the song from their dance moves.

As audience member David Knight said following his night at *The Bavard Bar*, it "really is the most amazing event."

Come along if you get the chance, it's a fantastic night of fun, laughter, passion and intrigue. Who knows, perhaps you'll be inspired to share your passion one day...

The Bavard Bar takes place at Towner on the 2nd Wednesday of every month. Doors open at 6.45pm and the show starts at 7.30pm. Tickets are available via Towner website or at Towner's reception.



Dan and Tim.



THE BAVARD BAR

A delightful blend of TED, comedy & Radio 4. Sort of.



WHEN? 2nd Wednesday, every month
Doors open 7pm

STARTS 7.30PM

WHERE? Devonshire Park, College Rd
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TOWNER Eastbourne

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www.townereastbourne.org.uk

bavardbar.co.uk

AVOIDING LIFE'S QUESTIONS TO GIVE YOU THE ANSWERS

Grove Theatre presents...

THE Grove Theatre are thrilled to announce the first annual *EBFringe: Eastbourne's own Fringe!*

By **Harry Farmer**

***EBFringe* is a 4-day curated Fringe featuring new discoveries alongside popular favourites, performed by some of the best international artists on the Fringe circuit.**

With programming well underway for this inaugural Fringe, there will be a host of opportunities for everyone to experience Fringe, and

to enjoy previews of shows just before their Edinburgh transfer.

EBFringe takes place between 27th – 30th July at the *Grove Theatre* Eastbourne. Look out for further announcements over the coming weeks.



Blue Blood

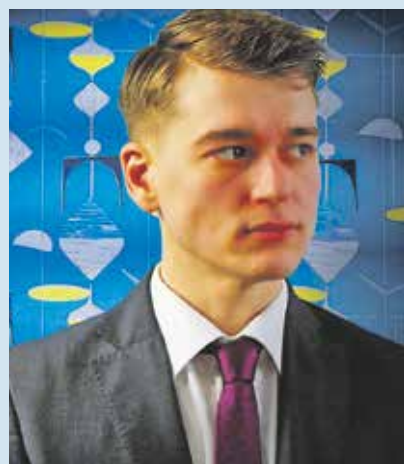
(OR how to kill your way to the top).

By **Harry Farmer**

***Blue Blood* is the extraordinary story of the scandalous adventures of outcast Gabriel Jones as he murders his way through the illustrious Gascoyne family on his way to claiming a dukedom and all it represents.**

An enthralling new play based on the classic novel that also inspired the beloved Ealing comedy *Kind Hearts and Coronets*. Fresh from its highly successful run at Brighton Fringe, *Blue Blood* comes to Eastbourne.

After their sold-out run in 2021 with the multi-award-winning *The Tragedy of Dorian Gray*, *Blue Devil* comes to *The Grove*, Eastbourne with this exciting, brand-new production. Don't miss this chance to be amongst the first



to see *'Blue Blood (Or How to Kill Your Way to the Top)'* ahead of its London transfer.

Tickets

£13.50 General Admission.
£11.50 Concession (60+, u18s, unwaged).
£9.50 Friends of The Grove

www.groveeastbourne.com

WW2 writers inspired local author's latest novel

SIOBHAN Curham, who lives in Eastbourne, is due to release her latest standalone novel, *'The Storyteller of Auschwitz'* next month.

By **Gail McKay**

This utterly gripping and unforgettable World War Two historical novel will be published by *Bookouture* on July 13th and will be available from *Amazon*.

Irene Nemirovski

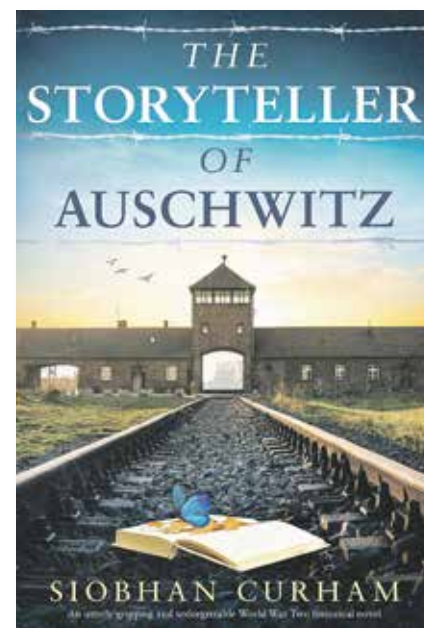
It was whilst researching for *The Paris Network*, one of the author's previous historical titles published in 2022, that Siobhan came across novelist Irène Némirovsky. Némirovsky had been a bestselling novelist in France before the war, but once the Germans began their occupation, Jewish authors were no longer allowed to be published there.

Inspired

Siobhan says, "After I read about Irène Némirovsky's story, I couldn't get it out of my head. As a novelist myself, it felt impossible to imagine what it must have been like to be told that your publisher could no longer publish your work because you were Jewish. I was hugely inspired by the fact that she continued to write."

What if

The author, having also read Etty Hillesum's diary and letters and Dr Viktor Frankl's *Man's Search for Meaning*, found that each of these writers added a vital 'what if' to the starting point of her novel. What if a bestselling French author lost her publishing deal because she was Jewish, and ended up being deported



to Auschwitz? And what if she decided that she wasn't going to be beaten, that she would use her storytelling skills to help encourage and inspire her fellow prisoners to find purpose and meaning? And so the character of Claudette (Etty) Weil was born.

What readers are saying

"Left me speechless. So heartbreakingly beautiful. Probably one of the easiest 5 stars I've ever given to a novel...", "Wow! I am at a loss for words... Incredible... Kept me on the edge of my seat... It broke my heart..." and "Just absolutely beautiful. Loved, loved, loved this amazing book."

Find out more about Siobhan, her books and her coaching on siobhancurham.com



Sussex Artists Exhibition



THE 'Sussex Artists Painting Sussex Sea and Landscapes' exhibition moves from Eastbourne to Lewes this week.

By **Gail McKay**

A fantastic opportunity to view and buy beautiful original art created by Sussex based artists.

All have been inspired by the spectacular landscapes and coast lines of Sussex.

Leila Godden is a Sussex based contemporary painter specialising in seascapes and abstract paintings using acrylics. It seems there is no finer place to be to explore the ancient rockpools and enjoy the extraordinary quality of light over the sea along the South Coast.

Elaine Almand invites you to take a journey with her into the fun and deeper places of life. Known for her love of colour and abstract forms, expressive painting, and sometimes slightly quirky works. They are completely original, made using good quality materials and well presented.

Australian born artist, **Liza Mackintosh** creates calming abstract paintings inspired by the ever-changing British landscape. Built up through thoughtful layers of paint the works are visual poems, memories of the landscapes that inform them. Changes in the seasons and weather are suggested to the viewer through.

Christopher Osborne, a self-taught artist is exhibiting oil paintings, which display a sensitive observation of the quiet countryside, its moods, seasons and weather. His love of the Downs, Weald and marshes of the south led him to East Sussex.

Born, brought up and living in The High Weald for most of his life, **Mark Austin** uses not only the natural materials he was surrounded with as his tools, materials, and inspiration, but also the stunning

Sussex landscape which is reflected in his work.

Enjoy viewing a range of wonderful artwork at **Gallery 207** in Lewes High Street from the 28th June until the 9th July. Visit between 11am and 5pm each day.

Gallery 207
207 High Street, Lewes,
England, BN7 2NS

info@newart-gallery.co.uk
07970 549873

Sheila Bugler's ninth crime novel is a hit

SHE tells everyone her name is Clare Brown. She's twenty-seven years old. She's an only child. Her parents were killed in a car crash. She used to have a black cat called Ollie.

By **Gail McKay**

None of these things are true.

A decade ago, nine people were found dead at *Black Valley Farm*. The only suspect was never found.

Clare has spent ten years living a lie, but a new podcast on the murders threatens to bring her carefully built life crashing down. Because someone else has listened to the podcast.

Someone who knows Clare is lying, and who will stop at nothing to ensure the truth never comes to light.

Eastbourne author, Sheila Bugler started writing crime fiction seventeen years ago, while on maternity leave. Originally from the West of Ireland, her first novel, *'Hunting Shadows'* took six years to get published. *Black Valley Farm* is her ninth novel and has been met with spectacular reviews from readers and fellow authors.

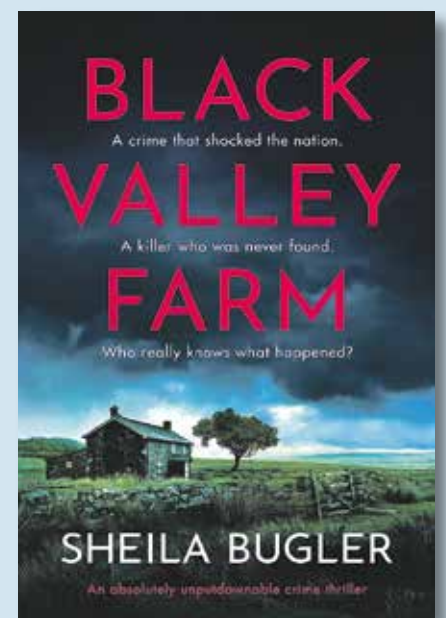
"Imagine a collaboration between Ann Tyler and AM Homes." Ken Bruen.

"Writing fiction is the hardest thing I've ever done," says Sheila, "but it's also the most rewarding. I've started an occasional series of writing tips on my blog, sharing some of the things I've learned over the seventeen years I've been writing."

Amazing reviews

"An absolutely unputdownable crime thriller. Perfect for fans of C. L. Taylor, Tim Weaver and T Orr. Munro."

"*Black Valley Farm* kept me turning the pages and with intricate plotting and memorable characters this is a thrilling



read." Patricia Gibney, author of the Detective Lottie Parker Series.

"Chilling and compulsive, this darkly menacing tale is full of suspense that keeps on building – everything you want from a crime thriller." Marion Todd, author of the DI Clare Mackay Series.

You can find Sheila's latest book in *Waterstones*, *Amazon*, *Kobo* and other good bookshops.

www.sheilabugler.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 Jenny Shorter

A graphic designer by trade, I've become passionate about surface pattern design and other types of textile art since moving to the Sussex Coast 10 years ago.

I use my photographs, drawings and paintings as source material to create repeat patterns which are printed onto fabric by a UK supplier using eco-friendly inks. I sew my fabric up into cushion covers, tea towels and bags. I also print placement designs – usually featuring insects and plants – onto homewares such as mugs, coasters and notebooks.

Bright colours and my love of nature inspire my work. I also make large-scale wall hangings based on my drawings of the South Downs where I enjoy long walks. These are constructed from hessian and old tee-shirts cut into strips. My homewares are available to purchase on my *Etsy* shop, but do contact me if you would like to discuss the design of a bespoke pattern or item.

I take part in the *Eastbourne Open Houses* with other local artists which is a great way to meet people and share interest in art and making. Look out for me in the next one! I didn't realise how many artists, crafters and makers there were in Eastbourne and Lewes till being listed in *The Makers Directory*. Do check it out next time you want a special gift or to treat yourself. Items made locally by hand, and with love – what's not to like!



www.themakersdirectory.co.uk/directory/jenny-anne-homewares

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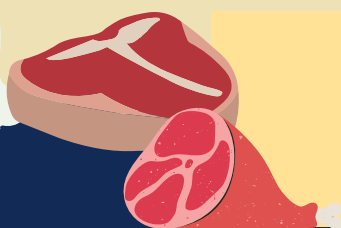


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Green and pleasant

SUMMER is moving on at a pace and is often one of the hottest months of the year. It's the perfect time to sit out and enjoy the fruits of your labour in your garden with family and friends. Remember to keep your plants looking good by regularly dead-heading to ensure you enjoy a much longer display of fantastic blooms. If you've recently put some new plants and shrubs, make sure you keep them well-watered, remembering that you can use grey water as well. This time of year, you can expect lots of weeds, which thrive in the sunshine, so keep on top of them!

By **Geoff Stonebanks**

I can honestly say that I am finding it much easier to maintain the garden this year, after all the changes I have made in the last two years!

The use of more drought tolerant plants, along with my existing collection of succulents and geraniums has meant much less watering which goes down really well especially in times of drought and hose pipe bans. Visitors have been impressed with the changes and show a real interest in the ideas put into practice. I'm very pleased to say that *BBC Gardeners'*

World have commissioned a film to be made here, either this month or next to be broadcast in the autumn, about the drought tolerant planting and use of recycled items in the garden.

Summer gardening tasks

Here are a few suggestions for jobs in the garden this month. Try cutting lavender for drying, it's best to choose the newly opened flowers for the best fragrance. Once cut, hang up in a cool, dark place to dry. If you are growing dahlias, give them a liquid feed and keep them well watered, tying in the shoots of tall varieties to sturdy stakes as they grow. I've got a few towers of sweet peas, if growing them, remember to water and feed regularly and pick the flowers every few days, as well as

remembering to remove seed pods, thus prolonging flowering.

If you are planning ahead, July is a good time to plant autumn bulbs in pots and borders.

It is really important to feed, water and deadhead your summer bedding regularly, especially those in pots and hanging baskets. Cut back early summer perennials, such as hardy geraniums and delphiniums, after flowering in the hope of a second flush.

National Garden Scheme

This month, the *National Garden Scheme* has a few local gardens on offer for readers to visit. Across the weekend of the 15th and 16th, between midday and 5pm there are two small gardens to see in Saltdean and Woodingdean. The jungle garden in Rodmell Avenue, Saltdean was created back in 2012 and completely revamped in 2021. Measuring just 65ft x 36ft, but appearing larger, with winding paths that lead you through lush jungle and insect friendly planting. Listen out for jungle sounds along the way, with tea and home-made cakes served overlooking the exquisite planting of exotic plants. Meanwhile, *Baggots Rath* in Crescent Drive North, Woodingdean was created on a challenging site with shallow chalk. The garden looks more mature than its seven years and includes many of the elements that were needed to win the owner eight Chelsea gold medals and twice Best in Show for floral design.

Across in Herstmonceux on the 26th July, between 10am and 7pm, the *Herstmonceux Castle Estate* opens its gate for the scheme. It has formal gardens, woodland trails, meadows and lakes, all set around the majestic 15th century moated castle. Features include an avenue of ancient sweet chestnut

trees and lakeside folly in the style of a Georgian house with a walled cottage garden. The gardens and grounds first opened for the NGS in back in 1927.

Sea lavender

As summer heats up, so do the plants in the garden. Sea lavender, pictured in the header, is a beautiful summer stunner, many visitors are not familiar with it and often ask its name. Also known as marsh rosemary and lavender thrift, it is a perennial coastal plant that can often be found growing in both salt marshes and along coastal sand dunes. Despite its name, it is not actually related to the lavender plant. The plant creates leathery, spoon-shaped leaves, red-tinted stems, and delicate purple blooms that appear in summer. These plants are easily recognizable as a result of their dense, cloud-like sprays of tiny, paper-like lavender flowers.

They are primarily grown for their beautiful floral displays; though its large green paddle-shaped basal rosette leaves will also create an attractive ground-cover in the early spring, until the plant flowers in the summer. Part of what makes sea lavender a somewhat unusual perennial is that the leaves are so close to the ground, and long flower stems will develop from this grouping of foliage.

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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