

FREE

SEE INSIDE FOR  
YOUR GUIDE TO THE BEST  
OF LITTLE CHELSEA



10/23

Issue 040  
October 2023

Pages 29-38

# Bournefree

[www.bournefreelive.co.uk](http://www.bournefreelive.co.uk)



Join us at our  
**OPEN  
EVENTS!**

SEE THE BACK PAGE FOR DATES!

**#WhyStudyAnywhereElse**

**EAST  
SUSSEX  
COLLEGE**

**HOWDENS  
POLEGATE**

**THE  
BIG  
KITCHEN  
SALE**

**NOW ON**

**FREE  
PLANNING  
& DESIGN  
SERVICE**

**We will beat any like for like quote**  
Tel: **01323 262200**  
Email: [polegate@howdens.com](mailto:polegate@howdens.com)

TRADE ONLY

since 1982 **Jürgen Matthes**  
Student Organisation

**WE REQUIRE HOST FAMILIES  
AND TEACHERS.** See page 12  
[matthes.uk/newfamily](http://matthes.uk/newfamily) | [matthes.uk/newteacher](http://matthes.uk/newteacher)

**Lightning Fibre**  
Hyperfast Broadband



*Switch Today!*  
01323 380260  
[www.LightningFibre.co.uk](http://www.LightningFibre.co.uk)

For breaking news 24/7, log onto our news website at  
[www.bournefreelive.co.uk](http://www.bournefreelive.co.uk)



Peter Lindsey, Editor.

### Contacts

Email: [andy@bournefreemag.co.uk](mailto:andy@bournefreemag.co.uk)  
 Telephone: 01323 430303

### Editor

Peter Lindsey  
 Email: [pete@bournefreemag.co.uk](mailto:pete@bournefreemag.co.uk)

### Advertising

Email: [gail@bournefreemag.co.uk](mailto:gail@bournefreemag.co.uk)  
 Telephone: 01323 430303

Email: [harry@bournefreemag.co.uk](mailto:harry@bournefreemag.co.uk)  
 Telephone: 07809 443027

### Production

Custard Design, Eastbourne  
 Email: [artwork@bournefreemag.co.uk](mailto:artwork@bournefreemag.co.uk)  
 Telephone: 01323 430303

### Images

Cover: Brian McGowan  
 Little Chelsea: Weird  
 Food: Monika Grabkowska  
 Health: Heidi Kaden  
 Property: Mahdis Mousavi  
 The Arts: Wyntercon

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

**custard**  
 DESIGN MARKETING PRINT

**ignite**  
 PR & Engagement

# Key time to support local business

**SUMMER has gone – and yes, what a great boost that late September sun was – and now we are firmly into autumn with Christmas fast approaching.**

By **Peter Lindsey**

**It's a key time for many of our businesses, and let's hope we can support them as much as possible.**

Here at *Bournefree* we strive to support our town as much as we can – and it was great to visit *El Changarro Mexican Food* in Church Street, Old Town.

True Mexican food served in a Grade 2 listed building – and Kal and Catalina are building up a great business.

It opened as a takeaway in February and then a full restaurant. Both are very passionate about bringing the true Mexican experience to Eastbourne.

Well worth a visit!

This month I also met Clare and Adrian, two of the driving forces behind the *Devonshire West Big Local*.

It was ten years ago that £1 million was awarded to the Devonshire West area of Eastbourne.

The ten years is now up and the money spent, so we sat down to discuss the legacy.

And it is clear the money has been well spent – with great impact – and there indeed is a legacy for that area moving forward.

*Leaf Hall* is key to the area in the coming years, and that is in good hands with exciting plans.

As we reflect on the summer, which seems so long away now, we wait again for *Eastbourne Borough Council* to confirm there will be a *2024 Airbourne*.

It would be heartbreaking for so many businesses – and indeed locals – if it was stopped.

But there are some who believe it should be grounded, mainly for environmental reasons.

Our former Mayor, councillor Steve Wallis, is one of many holding that view.

Council leader Stephen Holt is clear that the 2023 figures financially must have added up to say yes to 2024.

We wait and see.

Have a great month everyone!

Next month, we will be producing our Christmas special – contact the team to be part of it!

## Bournefree

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

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



[gail@bournefreemag.co.uk](mailto:gail@bournefreemag.co.uk)  
 01323 430303



[harry@bournefreemag.co.uk](mailto:harry@bournefreemag.co.uk)  
 07809 443027

Every care has been taken to ensure that the information in this magazine is correct. Neither the publisher, Bourne Free Publications Limited, nor contributors can take responsibility for loss or damage resulting from errors or omissions. Bourne Free Publications Limited does not endorse the accuracy of the advertisements or the quality of the products/services being advertised.

Information provided by businesses and community organisations are provided directly by their own representatives. Please direct any queries or comments regarding content directly to the organisation.

Copyright © 2023. Bourne Free Publications Limited. All rights reserved. No part of this magazine may be reproduced in part or whole without express permission of the editor.

# 10 years of improving Devonshire West

**BACK in December 2012, Local Trust announced the award of £1 million to the Devonshire West area of Eastbourne.**

By **Peter Lindsey**

**A resident-led project, Devonshire West Big Local (DWBL) Board was created to distribute the funds to improve the lives of residents.**

The money was to be spent on projects and organisations that would improve the lives of residents living there.

## Pleasing achievement

That 10 years has now passed, and Clare Hackney-Ring – current chair of *Devonshire West Big Local* – is pleased with what has been achieved.

And, she says, a vital legacy has been left for the area moving forward.

Clare said: “Back at the very start, we spent a lot of time talking to people and asking them what they wanted.

“That was important, what we were going to do had to be resident-led, and that is how it has been.

## Making a difference

“We have worked with different communities within *Devonshire West*, all with the aim, of making a difference.

“And we believe that we have made a difference.”

## Many different groups

Much of the money has been distributed via grants. The key has been working with many different groups, including those who support vulnerable people.

Covid was a key time, and the Board agreed to support *Matthew 25 Mission* – based at *Christ Church, Seaside* – and *Community Stuff*, based at *Seaside Community Hub*. Both were helping people in need.

Some of the community schemes supported include summer playschemes, after schools clubs, and activities at Seaside Rec.

In total, 200 grants have been given out to 85 organisations, all in *Devonshire West*.

## Improving the environment

The focus has been helping the elderly, young people, families, and also with a focus on improving the environment.

Heritage grants have also been given, including to *Leaf Hall* and the *Royal Hippodrome Theatre*.

*Devonshire West Big Local* Treasurer Adrian Ley said: “It’s been about supporting the whole community.



New Leaf Café – every Thursday.



Matthew 25 Mission key workers.

## Devonshire Collective

“One of my proudest achievements has been the development of the *Devonshire Collective*. This project has now completely turned the area round.

“We have worked with partners to develop an artistic creative hub, and are delighted that *Eastbourne Studio Pottery* has now taken the leasehold for the whole building. It really has gone from strength to strength.

“I am confident that we have made a considerable difference. The Board has always been chaired by a resident – that was important from the outset.

“The environment has improved and we have impacted on people on low incomes.”

And the legacy?

Clare said: “Different organisations have developed over the ten years, and they will now play their part in continuing the great work.

“*Leaf Hall* will be a key focus - that is our legacy organisation – and yes of course our funding will be missed.

“But we have encouraged residents to identify the problems, and then find the skills to solve them.”

“

**Our legacy is indeed a strong one.**

THE FAMILY FRIENDLY COMIC-CON STYLE EVENT  
AT THE WINTER GARDEN, EASTBOURNE

# WYNTERCON X



**COSPLAY HALL - CELEBRITY GUESTS**  
**TRADE HALL - CREATIVE WORKSHOPS**  
**AND SO MUCH MORE!**

**WYNTERCON.ORG**

**SATURDAY 14TH - SUNDAY 15TH**  
**OCTOBER 2023**

**WINTER GARDEN, COMPTON STREET, EASTBOURNE, BN21 4BP**

# Fantastic opportunity to become a charity Trustee

**COULD you be part of an organisation that is experiencing an exciting phase of growth?**

By **Alex Baiocchi**

**Becoming a charity Trustee is a great way to use your skills and can also be a fantastic opportunity to learn new things.**

At *Eastbourne Mencap* we have an exciting opening for new Trustees.

We spoke to Linda Fennell, a trustee of *Eastbourne Mencap* to discover more.

**Can you tell us what attracted you to this role?**

I have worked in the field of Learning Disability for over 35 years. Initially working as a classroom assistant in a school, then for Social Services setting up a Respite Care Service. Eventually setting up and running my own residential care homes. Ten years ago, I joined *The*

*Rotary Club* in Eastbourne, and a friend asked me to join the board of Trustees for my experience and knowledge of Learning Disabilities.

**What qualities do you think make a good Trustee?**

A person that can work as a team, meetings are interesting and varied. Anything from discussing the next venue for the social group, to house prices and marketing ideas.

If you would like to play a part in a progressive organisation, who have an interest in people, whilst supporting the staff in the development of the charity, please



Linda Fennell.

contact Alex on **01323 722034** or [alex@eastbournemencap.org.uk](mailto:alex@eastbournemencap.org.uk)

[www.eastbournemencap.org.uk](http://www.eastbournemencap.org.uk)



Leading the way in providing an **AFFORDABLE PROFESSIONAL** service



**WESTMINSTER LAW**  
Wills ~ Estate Planning ~ Probate



If you are over 60 it will only cost you **£85\*** to make or update your Will.

We are also Lasting Power of Attorney Specialists - only **£95\*** each LPA if instructed during the Will appointment.

*Our prices include home visits and Inheritance Tax advice.*

Call us now for a no obligation chat on: **01323 679411**

[www.westminster-law.co.uk](http://www.westminster-law.co.uk) email: [info@westminster-law.co.uk](mailto:info@westminster-law.co.uk)  
Westminster Law Ltd, Reg. Office: Wellesley House, 204 London Road, Waterlooville PO7 7AN

**\*OUR PRICES INCLUDE VAT.** These very special rates are only available if you are over 60 years old. Our normal price for a standard single Will is £135, or £225 for a couple. Minimum spend for a free home visit is £85.

# Hop on the bus and enjoy our great arts venues

**IT'S a great new initiative – and it lasts until December. The cost is just £2.50 per day.**

By **Peter Lindsey**

**The Sussex Art Shuttle is a new hop-on-hop-off minibus running every weekend between Towner Eastbourne, Charleston, Seven Sisters Country Park and Charleston's new arts space in central Lewes.**

The bus service – operated by Cuckmere Buses – sets off four times a day (Fri – Sun) and links up three major Sussex arts venues.

It's a spectacular route that takes in the iconic Seven Sisters cliffs,



Cuckmere Valley as well as Alfriston and Litlington.

*The Star* at Alfriston, the *Long Man Brewery*, *Cadence Cycle Club*, *Rathfinny Wine Estate* and spectacular South Downs beauty spots are all accessible along the way.

The *Sussex Art Shuttle* is a joint pilot venture between *Towner Eastbourne*,

*Charleston and South Downs National Park*.

The bus runs four times a day from *Towner Eastbourne* (College Road), departing at 10.00, 12.00, 14.00 and 16.00 on Fridays, Saturdays and Sundays. A round trip takes two hours.

The bus service number is 39.

 euronics

## Is your domestic appliance on the blink?

We offer a fast and reliable service by our own engineers, on all your domestic appliances including washing machines, dishwashers, tumble dryers, fridge/freezers and all types of Electric ovens.

We stock parts for all major brands and replacement models where necessary quickly installed and your old equipment recycled.

Call now to see how we can help you on **01323 733279**

 **Davis**  
TV · HiFi · Home Appliances



34A Church Street, Old Town, Eastbourne, East Sussex BN21 1HS 01323 733279 [www.davistv.co.uk](http://www.davistv.co.uk)  
Call into our showroom located on the A259 in Old Town, Eastbourne, for a demonstration of the latest technology from all the top brands, with **FREE CAR PARKING OPPOSITE THE SHOP**

# Supporting the visually impaired



**EASTBOURNE-BASED Broadband Provider *Lightning Fibre* has taken a significant stride in its commitment to supporting the visually impaired community.**

By **Peter Lindsey**

**This initiative involved comprehensive training sessions for staff in collaboration with East Sussex Vision Support, reinforcing the firm's dedication to community well-being and disability awareness.**

These training courses have provided insights into the challenges faced by the visually impaired.

They have sensitised the team members to the need for adapting working practices to better serve the community.

*Lightning Fibre* had the opportunity to experience firsthand the various visual impairments individuals may encounter.

Sim Specs were provided, allowing the team to perceive the world through the lens of conditions such as retinal degeneration, vision loss, and reduced visual acuity.

To deepen their understanding, *Lightning Fibre* staff also participated in paired outings, where one team member acted as a guide while the other, wearing the Sim Specs, navigated the environment.

Grant White, Health and Safety Manager at *Lightning Fibre*, said: "Safety is of paramount importance, we want to make sure our employees, sub contractors and the public are as safe as possible whilst we undertake road works. It's especially important that those with disabilities or mobility issues are considered, protected, and looked after."



## Lightning Fibre

**EASTBOURNE!**

**FULL FIBRE BROADBAND**

**IS HERE**

Register Today!

We're a local business, building a brand new hyper fast and hyper reliable broadband network throughout the region providing the whole town with 100% Full Fibre



01323 380 260 | [ask@lightningfibre.co.uk](mailto:ask@lightningfibre.co.uk) | [www.LightningFibre.co.uk](http://www.LightningFibre.co.uk)





**EASTBOURNE**  
**THE FAMILY STORE**  
**WITH A WHOLE**  
**LOT MORE!**





# PETS PANTRY



**HUGE SELECTION OF WOOL**



**MASSIVE RANGE OF CHRISTMAS DECORATIONS**

# GROTTO & ELVES WORKSHOP

Our Father Christmas experience includes:  
 I'm on the good list certificate - Photo opportunity  
 Elves Workshop Experience

**£5 per Child**

**TICKETS ON SALE NOW IN STORE**

# ALSO AT ESK



CALL OUR FRIENDLY TEAM ON 07730 447093



**HAND CAR WASH AND VALETING**



**Courtlands Rd, Eastbourne BN22 8TR**

Find us on  **facebook** **ESKWarehouses**

# Hospice nurse's five-day European cycle challenge

**A NURSE at *St Wilfrid's Hospice* is taking part in a cycle charity ride from Eastbourne to Amsterdam.**

By **Peter Lindsey**

**Liana Bettles is aiming to raise £1,900 towards the running costs of our amazing hospice.**

It is organising Hospices to Holland 2024 along with St Michael's in Hastings.

Liana said: "I will be cycling from Eastbourne to Amsterdam over four

days from September 18th–22nd, 2024, covering 270 miles.

"I have worked with this amazing team for a year.

"I have seen patients and families benefit so much from the care and support they receive at the most difficult times.

"I am not really a cyclist and I will find it challenging both mentally and physically.

"But I do know I will be cycling with the most supportive people and for an amazing cause."

It's a wonderful cycling challenge which will take in four different countries through the European countryside.

To sponsor Liana please go to [justgiving.com](http://justgiving.com) and search for **Liana Bettles is fundraising for St Wilfrid's Hospice (Eastbourne) Ltd**



We are a real treasure trove for everyday essentials and for those unusual pieces you just can't seem to find anywhere else.



**Independent Plumbers Merchant  
Commercial & Domestic**



**01323 847125**

[sales@sussexpipes.co.uk](mailto:sales@sussexpipes.co.uk) [www.sussexpipes.co.uk](http://www.sussexpipes.co.uk)

Unit 63, Station Road Industrial Estate, Hailsham BN21 2ET

# CASH OR AUCTION

in Association with Eastbourne Auctions Your Local Saleroom with the International Reputation

Bring items along for a **FREE Friendly Advice**  
**CASH OFFER** or entry into our forthcoming Auction  
To book an appointment or use the Royal Mail **FREE** postal service  
call us on **01323 431444** option 2-1-1



Sold for  
**£7,800**



Sold for  
**£4,700**



Sold for  
**£3,650**



Sold for  
**£2,500**



Sold for  
**£1,560**



Sold for  
**£1,300**



Sold for  
**£1,300**



Sold for  
**£1,100**



Sold for  
**£1,100**



Sold for  
**£850**

**Valuations are**  
**FREE in 2023**

## Items Wanted

Gold and Silver Jewellery in any condition  
Costume Jewellery • Watches working or not  
Coins and Medals • Wines & Spirits  
Oriental items – even when chipped or damaged  
Wines & Spirits • Antiques & Collectables  
Records • Any quirky items



Sponsoring  
the weather

# Eastbourne Auctions

[www.eastbourneauction.com](http://www.eastbourneauction.com)

Auction House, Finmere Road, Eastbourne BN22 8QL



**FULL Probate and House Clearance Service in Operation**

# Eastbourne College wins prestigious award



## **EASTBOURNE College is celebrating success in the Talk Education Awards for Innovation 2023.**

By **Peter Lindsey**

**The awards showcase schools who are taking steps to modernise the face of independent education.**

*Eastbourne College* won the Inspiring Sporting Activities award.

It was recognised for its focus on 'blue health' living and learning, as the school takes advantage of its coastal location to benefit pupils' physical and mental wellbeing by encouraging outdoor activities as much as possible – from water sports like paddleboarding to runs on the South Downs.

The school received additional praise for its 'Mind Gym', which encourages

pupils to be open about their mental health through sport.

This offers a 'self-care toolbox' where pupils can gain functional advice to help overcome issues affecting their game, such as stress, anxiety, low confidence or negative thoughts; but the initiative can help in their wider life too, preparing them for whatever life throws at them.

Tom Lawson, Headmaster of *Eastbourne College*, said: "Winning this well-respected

national award is wonderful news – we can't think of a better way to kickstart the new academic year here on the sunshine coast.

"We pride ourselves on offering an all-inclusive programme of sport as an integral part of life at *Eastbourne College*.

"We strive for sporting excellence at the highest level, but participation for all, enjoyment, support and wellbeing are at the heart of our sporting programme."



# ECK

Bookkeeping and Accounts Ltd.

**Finding yourself buried under a pile of paperwork?**

We can help you to free up your invaluable time to work on your business whilst we handle the finances.

We specialise in providing a full bookkeeping service to Sole traders, small and medium sized businesses with a personal touch, swapping dull, repetitive meetings for individualised and informal discussions

We can also provide payroll services including Auto enrolment and Self assessment Tax returns.

We can also file your CIS returns



[www.eckbookkeeping.co.uk](http://www.eckbookkeeping.co.uk)  
 admin@eckbookkeeping.co.uk  
 01323 348 480

aat AAT Licensed Accountant



**Jürgen Matthes** since 1982   
 Student Organisation

**WE REQUIRE HOST FAMILIES**

for German students in all parts of  
 Eastbourne, Westham,  
 Polegate and Hailsham  
 (up to 4 students per family)

We also require **TEACHERS** for our students

**APPLY  
 HERE**

HOST FAMILIES: [matthes.uk/newfamily/](http://matthes.uk/newfamily/)  
 TEACHER: [matthes.uk/newteacher/](http://matthes.uk/newteacher/)  
 OR PLEASE RING **EB 744020**

# Coastal update

## PEVENSEY Bay to Eastbourne coastal management scheme.

By **Sarah Martin**

### Project delivery continues at pace for all three phases of our programme.

The existing beach management across both Pevensey Bay and Eastbourne will take us through to 2025, with the *Environment Agency* and *Eastbourne Borough Council* team busy managing this and creating



a new two-year scheme to help us transition through to 2027 when the larger Phase One scheme starts.

We expect Phase One to run for 10 years and bring some exciting new approaches to beach management ensuring the coast remains resilient, protecting 10,000 homes, businesses, and infrastructure.

Our longer-term programme of works then looks at how we create and manage future choices over the

next 100 years, considering climate change and evolving technologies.

### Public engagement

We are currently planning our public engagement events to share the shortlist of options for Phase One, which are due to run from 20th November until 15th December 2023.

Please see our project website for dates of our upcoming events and the latest information about the scheme:

[pevenseyandeastbournecoast.co.uk](http://pevenseyandeastbournecoast.co.uk)

We also now have a Facebook page! Search *Pevensey and Eastbourne Coast* to follow us and keep updated with project developments, including our autumn/winter engagement activities.

Alternatively, scan the QR code for access to our social media channels and website.



Connect with us

**METRO BANK**



CHAMPION OF WOMEN'S AND GIRLS' CRICKET

# Beyond the boundaries

Empowering a new generation, on and off the pitch.

[metrobankonline.co.uk/cricket](http://metrobankonline.co.uk/cricket)



Together  
we Rise

# CREATE

LEARN SOMETHING NEW,  
TAKE SOMETHING HOME CREATED BY YOU

SATURDAY 14TH OCTOBER 2023

11 CREATIVE WORKSHOPS



For more information, visit

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

or [WWW.ENTERPRISE-CENTRE.ORG/EVENTS/](http://WWW.ENTERPRISE-CENTRE.ORG/EVENTS/)



**ENTERPRISE**  
INDEPENDENT SHOPPING

ENTERPRISE SHOPPING CENTRE, STATION PARADE,  
EASTBOURNE, BN21 1BD

# Eastbourne's family friendly fireworks display

**THE Saffrons fireworks display will take place on Friday 3rd November, with the grounds open from 6pm.**

By **Julie Bennett**

**Along with fairground rides and attractions, there will be a range of food and drink available throughout the evening. The Clubhouse bar will be open, whilst Long Man Brewery and Orange Beach Bars will be on-site among others.**

Entry will be available by ticket at the gates on Meads Road and Compton Place Road.

### Thank you to our volunteers

The Saffrons fireworks display is made possible every year thanks to a team of volunteers who give their time to help marshal and coordinate the event. The event is also supported by display partner Hawes Construction Group.

As a not-for-profit community organisation, it's an important date for The Saffrons that raises vital

revenue to help maintain its historic and unique multi-sport grounds.

### New for 2024

A Padel tennis facility is set to open at The Saffrons next summer. The centre will feature 3 covered/floodlit courts and an outdoor tournament court and be a first for the Eastbourne and Lewes District area.

New to Padel? It's a combination of squash and tennis that's great for all ages and abilities, fun, easy to learn and sociable. It's also the fastest growing sport in Europe right now. The Saffrons Padel Tennis facility will be open to all. Keep an eye out for updates over the coming months.



To find out more about *The Saffrons*, its sporting fixtures, venue hire and new padel tennis facility visit [thesaffrons.org](http://thesaffrons.org)

**Book your tickets online**  
[www.onlineticketseller.com/events/53666](http://www.onlineticketseller.com/events/53666)



Friday 3rd Nov  
Gates 6pm  
Display 7.30pm  
Tickets Online

2023 Display Partner  
Hawes Construction Group

Or Visit  
[onlineticketseller.com/events/53666](http://onlineticketseller.com/events/53666)



# Spread a little happiness

26th October to 1st November is Wilf Week, and this year St Wilfrid's Hospice is asking you to spread a bit of happiness whilst raising vital funds for end of life care.

Whether it's watching the birds in the garden, being able to take the dog for a walk, or spending time with a favourite person, it's moments of happiness that make hospice care special. But we need your help to keep making them happen. This Wilf Week, could you fundraise, take on a challenge, donate or volunteer to help more people in our local area to live well at the end of life? Every penny you raise will help others to find moments of happiness at the end of their lives.

#### Ways to spread a little happiness:

- Hold your own Wilfie Bear tea party. Get baking and ask your friend for donations. We can supply cake toppers, recipes and bunting.
- Dress up or down day. Cheer everyone up by wearing something different to school and making a donation.
- Hold a raffle or tombola. We can send you a limited edition Wilfie Bear to include.
- Get social. Organise a themed party, wine tasting or sports event.
- Donate from your business. For example, W.Bruford jewellers are donating all their fees from changing watch batteries during October to St Wilfrid's.

**Think you could help spread a little happiness?**

**Find out more and get your free fundraising pack at:**  
[www.stwhospice.org/wilfweek23](http://www.stwhospice.org/wilfweek23)



## Help people like Debbie find moments of happiness

Whatever you choose to do this Wilf Week you will be making a real difference to local people with life-limiting illnesses.

People like Debbie who came into the Inpatient Unit at the hospice feeling very low, in pain, unable to do anything independently, and without much hope for the future. After three weeks of what she describes as 'absolute care – physically and mentally' she returned home feeling calmer, more able to sleep and back to her old self.

For Debbie it was the little things that made a difference – spending time in the gardens, being able to wash herself, getting back home to her family and her cat.

**With your help this Wilf Week we can make more moments like this happen for more local people.**



Registered with  
**FUNDRAISING  
REGULATOR**



**St Wilfrid's Hospice**



# Advertise with Bournefree this festive season

**CHRISTMAS is coming – and so too are the festive *Bournefree* editions planned for November and December.**

By **Peter Lindsey**

**Here's your chance to promote your business – or upcoming event – with *Bournefree*, both online and in print.**

We are planning bumper editions marking the festive season for both months, and there are exciting advertising and advertorial opportunities.

Each edition will be out on the first day of the month – for both November and December.



We print 10,000 copies, which are distributed across Eastbourne, Polegate, Hailsham and surrounding areas.

It is also shared on our website and social media.

Our Facebook page alone reaches more than 200,000 people each month.

While our website [www.bournefreelive.co.uk](http://www.bournefreelive.co.uk) is also a 24/7 news website with a minimum

six stories each day seven days a week. We have around 50,000 visitors each month.

Our team of Gail, Harry and Peter are here to help you with your content, be it an advert or editorial with pictures.

Give them a call today on **01323 430303**.

Book your space today!



## A living space for all seasons

With soaring energy bills why not replace your existing polycarbonate or glass conservatory roof with a **new tiled and insulated roof** and save money on keeping your conservatory cosy this winter.

Call now for a free, no obligation quote on **01323 844944**

**solid conservatory roofs Ltd**

**33 South Street, Eastbourne  
East Sussex BN21 4UP  
[www.solidconroofs.co.uk](http://www.solidconroofs.co.uk)  
[info@solidconroofs.co.uk](mailto:info@solidconroofs.co.uk)**

**[www.solidconroofs.co.uk](http://www.solidconroofs.co.uk) 01323 844944**



# Work from **FOUNDRY**,

# not from home!



**FOUNDRY** is the new coworking space inside of The Beacon in the centre of town. It's the perfect place to grab a desk or sofa and get on with some focused work without any home distractions.

It's also the perfect place to meet other professionals or meet your clients, with access to super-fast wifi, free tea and coffee and we are dog friendly.



**Book a 1 week free trial**



[foundryuk.com/eastbourne-mailer](https://foundryuk.com/eastbourne-mailer)

78, The Beacon, Eastbourne BN21 3NW  
eastbourne@foundryuk.com • foundryuk.com





# Safe and vibrant scheme

**PRINTERS Playhouse and Gianni's are the latest businesses to join Best Bar None Eastbourne.**

By **Peter Lindsey**

**It is a nationally recognised accreditation scheme, supported by the Home Office and drinks industry, which promotes and rewards excellence in licensed premises.**

The scheme helps promote Eastbourne as a safe and vibrant place to go at night.

*Printers Playhouse* is a popular live music and theatre venue in Grove Road.

*Gianni's* is a popular Italian restaurant at 247 Terminus Road.

Find out more, including how your businesses can join the scheme at: [www.lewes-eastbourne.gov.uk/article/1846/Best-Bar-None-Eastbourne](http://www.lewes-eastbourne.gov.uk/article/1846/Best-Bar-None-Eastbourne)



# The Sweet Circus impact

**SWEET Circus improves the social wellbeing, mental wellbeing, physical wellbeing of participants is the finding of an Occupational Therapy Impact Study carried out by university student Leona Chan.**

By **Gail McKay**

**Through classes, workshops, consultancy, outreach and play in the park Sweet Circus currently works with over 600 participants in Eastbourne and the surrounding area.**

Participants range from tiny tots age just two, children and youth, adults, all the way through to their 50+ group and workshops in care homes. They are an inclusive organisation and provide services for SEND groups and individuals and strive to assist participants to reduce, remove or hurdle over any barriers they experience to living healthy happy lives.

According to the report 86% of participants have made new friends through *Sweet Circus*; "I have made strong friendships and learned to be more confident in myself".

82% of participants report that they have become a more confident person overall; "since joining, she is so much happier, more confident and manages her emotions better".

80% of participants have become more physically active improving their

overall health and wellbeing; "I didn't even like exercise until *Sweet Circus*!"

100% of participants feel they have gained new skills through *Sweet Circus* including "leadership and responsibility" and "doing things I didn't think I could do".

Over the last two years *Sweet Circus* has gained funding from *Active Sussex*, the *National Lottery Community Fund*, *Sport England*, *Youth UK* and the *Devonshire West Big Local*. "We are really proud of the safe space we have created that enables people from all walks of life to come together, grow, develop and lead happier, healthier lives" Miz Wells, Director and Instructor says, "but the work does not stop here, it is now really important that we gain further funding, along with support from the local council and local businesses so that we can continue, and expand, our programs."

If you would like to find out more about *Sweet Circus* or get involved visit their website:

[www.sweetcircus.net](http://www.sweetcircus.net)  
[info@sweetcircus.net](mailto:info@sweetcircus.net)



## Is your teen struggling with anxiety?

As a parent or caregiver, Jason Langley understands how incredibly stressful it is to see your teen struggle with mental health challenges. That's why he set up his business The Teen Anxiety Coach, to provide support that not only benefits the teenager but also offers relief and comfort to the parents.

As a Solution Focused Hypnotherapist, Jason's primary goal is to help teenagers overcome their mental health challenges and move towards a calmer and happier life. He focusses on helping them recognise the positive aspects of their lives, identify their goals, and work towards achieving them. This is achieved through conversations and hypnosis when he is able to access their subconscious minds to

change negative thought patterns and behaviours.

Jason said, "whether through online or face-to-face sessions in my practice located in Polegate, I guide tweens and teenagers in regaining control over their lives. It's disheartening to know that 1 in 8 teenagers are affected by anxiety, but with my help, they can overcome their negative feelings and fears while becoming more empowered and aware of their inner strengths. The best part is that this transformation can often be achieved within a relatively short period of time, without continuously discussing past traumas".

Jason continues, "I empathise with any concerns parents may have about hypnotherapy, however,

please rest assured that your child will always remain in full control throughout the sessions. In my practice, I combine both hypnotherapy and psychotherapy techniques to effectively address various types of mental health challenges and facilitate positive change."

Lastly, "I would like to express my gratitude to Edeal Enterprise Agency for their support in helping me grow my business. Thank you for enabling me to reach out to more teenagers who are in need of assistance with their mental health challenges, your support has been invaluable."

The business support was funded by Wealden District Council and is available to new and existing



businesses based in the Wealden District. For information visit [www.edealgroup.org](http://www.edealgroup.org)

Jason offers a free consultation; this is where you can find out even more about how he can support you/ your teen to overcome mental health challenges.

**Call/text 07539815909 or check out his website [www.theteenanxietycoach.co.uk](http://www.theteenanxietycoach.co.uk)**

## Edeal - The Local Organisation That's Helping Small Businesses

A cosy café that recently opened on Grove Road, Eastbourne is where we caught up with two Eastbourne locals participating in this year's LEAP programme and are now venturing out into the High Street.

**Meet Sue: local artist, founder of DBN Creatives and gallery/café owner...**

Sue Clarke had a successful career in kitchen design but when the Covid lockdowns presented her with an unexpected amount of free time, Sue took the opportunity to move into the visual arts.

Sue immersed herself in photography and image collage which quickly developed into a full-time occupation. From there, she formed an artists' collective DBN Creatives that encourages sharing advice



and experience. Sue's passion for collaboration led her to forming DBN Creations, a retailing platform for creatives and artisans. The logical next step was for her to find her own premises where she could display and sell her collections, and where local creatives can meet and exchange ideas.

**Introducing Elli Meakings...**

Elli's enthusiasm for baking started when she was at university studying



fashion design: "it was quite an intensive course and I started baking because I found it to just be the most therapeutic thing".

After finishing her degree, Elli found work in Eastbourne as a seamstress, but interestingly it wasn't until she found herself furloughed during the Covid-19 pandemic that she got to explore her creative side. From this Elli's Edibles was born. Elli took the

brave decision to capitalise on the momentum she'd developed during lockdown- branching out into bespoke occasion cakes and large orders for private clients.

The DBN gallery space on Grove Road is the start of a new chapter for Sue, and she is currently using the skills she learned in LEAP to write a business plan to take her collaborations to new audiences. Elli too has plans for expansion.

**LEAP is an annual business support programme funded by UKSPF and delivered by Edeal in association with Eastbourne Borough Council. The 2024 programme will be open for registration in March 2024. For more information about Edeal's business support services, visit [www.edealgroup.org](http://www.edealgroup.org)**

## New members for September

Scriptworks Productions • Long Man Brewery • Georgio's Coffee House • Novuna Business Cash Flow • Gallery@42 and Pennie's Pet Portraits • Taylors Restaurant and Sports Bar • Naked Festivals • Vanquish Nutrition • Irresistible Skin Clinic

## Eastbourne Football Ground Provides Sanctuary In Sport

The season is well under way for Eastbourne United, but the team has just kicked-off a new chapter in local football with their grounds hosting the Sanctuary United team in their inaugural match against Eastbourne District and General Hospital (EDGH).

The Sanctuary United team was made up of men who had never played a match together and whose training sessions only began a week before the match. More importantly, as people seeking asylum, they have faced some of the greatest challenges that life can deliver.

The Hospital team – a group of hospital staff whose existence was borne out of a desire to promote health and wellbeing amongst the staff- had pulled together to create a



team comprising a wonderful blend of youth and experience. Fresh from their success against their rivals at the Conquest Hospital, they were delighted to offer Sanctuary United a game.

The late summer sun beamed-down

and shouts and cheers echoed round the ground as the goals rolled in and the game see-sawed - first one side, then the other getting the upper hand. The pressure was relentless.

The feverish atmosphere was tempered by a genuine camaraderie

and sense of warmth between opposing teams- all of which led to a poetic finish: 5 – 5 at the final whistle.

In agreement with both captains, the scene was set for a dreaded penalty shoot-out. The energy, joy, and competitive spirit that poured out of both teams in those final agonising last minutes was plain to see, and the crowd lapped it up. Sadly, for Sanctuary United, it wasn't their night, and the victory went to the EDGH team.

The success of the evening -which raised over £300 was in support of Sanctuary- and the sportsmanship on display ensured that both teams are likely to face each other again in the future- an event which promises another fantastic game of football.

## Volunteer Growers Celebrate Bumper Harvest

**A band of enthusiastic Eastbourne gardeners has hit their target to donate a metric tonne of produce to community fridges. The high-quality organic fruit, vegetables, and salad- grown by the Rooted Community Food project at Gorringe Road allotments- met their target in just five months since April.**

The total of 1,080kgs of produce represents 2,700 daily portions of fruit and veg made available to Eastbourne communities.

The group gathered to weigh bulging bags of tomatoes, stacks of leeks, boxes of apples and piles of cucumbers in celebration of the milestone.

The produce from Rooted was boosted by surplus donated at an on-site 'Crop Drop' hut, where other Eastbourne allotments contributed towards the momentous target.

Project Manager Sally Lee said: *"We set this really ambitious goal of one tonne in April, never imagining we would do it. Here we are just a few months later having to stretch our target. I am so proud of the team, they are a wonderful group of people."*

Rooted is made up of around 25 volunteers, who drop in on weekly sessions to enjoy fresh air, teamwork and a sense of wellbeing. Families are also well looked after, with regular sessions at a nearby Children's Plot.

The project supplies community fridges in Old Town, Seaside, Willington Trees and Langney with vital, affordable fruit and vegetables.

To celebrate the achievement, Eastbourne Food Partnership, Eastbourne Area Neighbourhood Panel, and Borough Councillor Kathy Ballard joined volunteers at the plot.

Nancy Wilson, co-ordinator of the food partnership, said: *"It goes to show how much of a difference can be made in a small space with a vibrant community. This project is the perfect illustration of our mission to achieve good food for all."*



Andy Durling, a partnership director, said: *"This is precisely the type of project we want to fund and develop for a sustainable local food system. It's what it is all about – giving local people access to healthy, organic food."*

**You can find out more about Rooted by searching 'Rooted Community Food' on social media.**

## 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!**

# Church opens wonderful new premises

**EMMANUEL Church Eastbourne has celebrated the completion and opening of its new premises on Upperton Road.**

By **Peter Lindsey**

**The Emmanuel Church was formed in January 2018 following the amalgamation of four local churches into one new congregation.**

*Greenfield Methodist Church* was founded in 1898 and has been home to worshippers for 125 years.

In January 2018, the people of *Greenfield Methodist* joined with three other Eastbourne churches – *Upperton URC*, *St Andrews URC* and *Central Methodist* – to form *Emmanuel Church*.



Left to Right – Rev. Dr Leslie Griffiths, Lord Griffiths of Burry Port; Caroline Ansell, MP for Eastbourne; Rev. Paul Tabraham, minister at Emmanuel; the Lord-Lieutenant of East Sussex; Ms Candy Vaughan, Mayor of Eastbourne; Stephen Lloyd, former MP of Eastbourne.

Together, they shared one vision – to develop a new church building and community centre to house all four congregations for many years to come.

In August, this vision became reality – the church building on Greenfield Road closed its doors and the new building in Upperton Road opened its doors to the Old Town community.

Emmanuel Church held a civic service of celebration in its new premises to which a number of representatives from town and county and indeed country, were welcomed.

Members of the civic list included Freeman and Aldermen of Eastbourne and the new Head Teacher of *The Haven School*.

A spokesperson said: "It was a joy to welcome and to blend church and town, the ecclesiastical and the civic, Emmanuel and Eastbourne. May Emmanuel always be a church which is deeply attuned to the needs of our town, and deeply responsive to them too."

## BIRCH MEWS – THE ONE STOP VEHICLE SHOP

Everything the car and van owner needs, all in one square.

**All vehicles serviced and repaired**

**Winter Special**  
Get your FREE car check ready for Winter  
Offer ends 31st October 2023

**BIRCH MEWS AUTOS**  
MOT • REPAIR • SERVICE  
01323 412993

MOT • Servicing • Repairs  
Brakes • Clutches • Exhausts  
Diagnostics • Air conditioning  
Steering • Suspension • Welding  
Bodywork (arranged)

Looking after your car and your pocket!

MOT CLASS 4  
01323 412993  
Unit 18  
Birch Industrial Estate  
A member of [GoodGarageScheme.co.uk](http://GoodGarageScheme.co.uk)

**DENT DEVILS** 15 Birch Estate, Eastbourne  
East Sussex BN23 6PH  
01323 639244  
07764 344795

**SPECIAL OFFER 20% off rrp for dent repairs**  
to remove dents from the love of your life  
on production of this advert

FROM THIS TO THIS

**CLOSING DOWN SOON**

[www.dentdevils-eastsussex.co.uk](http://www.dentdevils-eastsussex.co.uk)

**DCT-PERFORMANCE**

**ROLLING ROAD**

TUNING  
ECU REMAPPING & REPAIRS  
EGR & DPF SOLUTIONS  
KEY PROGRAMMING  
ELECTRICAL & MECHANICAL  
FAULT FINDING & REPAIRS

01323 735 949

Unit 10-11, Birch Industrial Estate  
Birch Road, Eastbourne BN23 6PH.

[info@dct-performance.co.uk](mailto:info@dct-performance.co.uk)  
[www.dct-performance.co.uk](http://www.dct-performance.co.uk)

Come and find us at:  
**Birch Industrial Estate, Birch Road, Eastbourne BN23 6PH**

# 23rd annual broadcast of youth radio

**EASTBOURNE Youth Radio (EYR) returns for their 23rd annual broadcast from 15th–17th November 2023 on 87.7FM and online at [www.eyr.org.uk](http://www.eyr.org.uk)**

By **Tim Sorensen**

**Organised by Eastbourne Education Business Partnership and broadcast from studios at East Sussex College in Eastbourne, EYR will see students from local schools, aged from 5–19, present their radio shows covering a wide range of topics. There will be a special focus on Anti-Bullying Week and issues around mental health and wellbeing.**

This annual broadcast is only made possible by the considerable support and involvement of many local businesses and other organisations.

Alison Brewer, Director of *Brewers Decorator Centres* and lead sponsor for 2023 says, “We are delighted to once again support the *Eastbourne Youth Radio*, a very worthwhile project in our heartland of Eastbourne. We’ve seen first-hand the wonderful opportunities the project offers the students; developing organisational, technical and creative skills and giving the opportunity to delve deeper in

topics that directly affect them and their future. We’re very excited to get involved and hear what the young people of Eastbourne have to say!”

*Eastbourne & Lewes District Community Safety Partnership* are back with *Sussex Police* discussing issues around knife crimes. *Southern Water* will be talking about ‘clean rivers’ whilst *Edwards Limited* will be looking at engineering. *Eastbourne & District Samaritans* will be providing wellbeing support and *Eastbourne Chalk* will be reflecting on the recent *Digi-Fest*. Many more contributions including *Blue Heart Project*, *St Wilfrid’s Hospice*, *Let’s Do Business*, *W.Bruford* and *Mears Group*.

EYR is about enabling young people to research, produce, present and perform their own material in association with community partners. From this they learn and develop a wide range of employability and personal skills.

Further details and the programme schedule will be included in the November issue of *Bournefree*. We hope that you enjoy listening to their work over the three days.

87.7FM  
**EASTBOURNE YOUTH RADIO**  
 LIVE ON AIR  
 15-17 NOV 2023  
[www.eyr.org.uk](http://www.eyr.org.uk)

EASTBOURNE EDUCATION BUSINESS PARTNERSHIP  
 Brewers DECORATOR CENTRES  
 EAST SUSSEX COLLEGE



**NEW & IMPROVED PRODUCT RANGE**

Transform your garage from £995  
 Garolla electric roller doors, engineered for everyday life.

Garolla's new range is strong, secure and durable. Revitalise the look, feel and function of your home.

- Unlock 25% more space • Free five-year warranty
- 100,000+ doors installed • UK's #1 recommended
- Fully fitted by a local Garolla engineer
- New SafeGuard Plus pack – even more light, detection and deterrence

Checkatrade  
 Where reputation matters  
 9.8 out of 10

Trustpilot  
 4.7 out of 5 / 6,000+ reviews

**GAROLLA**  
 ELECTRIC GARAGE DOORS

We survey, manufacture and fit...  
**01323 800 116**  
 CALL TO ARRANGE A FREE SURVEY

garolla.co.uk  
 BESPOKE ELECTRIC DOORS  
 MADE IN THE UK

# C. Brown electrical

Experts in domestic and commercial installations. We carry out all electrical work from a simple light fitting change to extensions and new build installations.



**DOMESTIC**



**COMMERCIAL**

**TESTING**



**INSPECTIONS**



**EV INSTALLS**

## SERVICES

We pride ourselves on offering you the best service, right from initial contact to the very end of your project.

We are a family run business that are committed to providing the service that you want.

**SATISFACTION GUARANTEED**

We are proud members of Checkatrade and thrive on positive feedback.

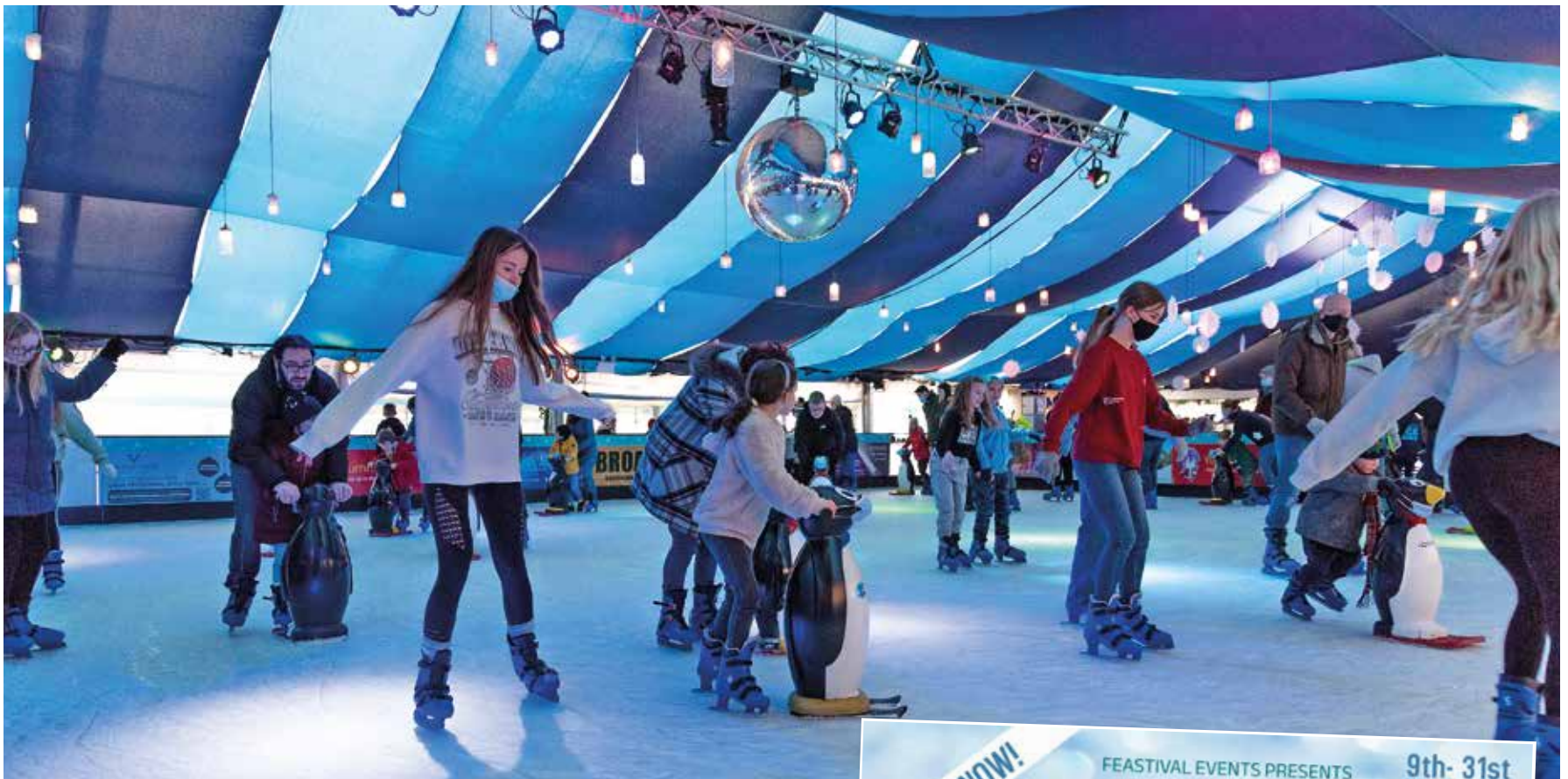
Our partners:



**TEL: 01323 819507**  
**E: ADMIN@CBROWNELECTRICAL.CO.UK**







# Get your party skates on!

**HAVE** you heard the exciting news?

By **Harry Farmer**

**Lightning Fibre's Ice Rink is back this Christmas! Come join us...**

It will be running from 9th to 31st December 2023, from 10am to 10pm. *Lightning Fibre's Ice Rink* returns again outside *The Enterprise Shopping Centre* and *Eastbourne Train Station*.

**Book your Christmas party with us!**

We can cater for you to suit your groups needs. Whether you are looking for a DJ, live music, street food or a bar, we can tailor your requirements to your group booking. Let us know what you want and we can bring you and your party the best experience and most fun on ice in Eastbourne!

Produced this year by *Festival Events*, [www.festival.events](http://www.festival.events), we are outdoor events specialist

who have recently produced and managed in 2023, *Festival*, *Camper Marmalade*, *Eastbourne Jazz & Blues Festival* and *Oktober Fest*.

**Ice, ice baby!**

*Lightning Fibre's Ice Rink* is available for your office Christmas staff parties, where you can book your own private hour session – up to 100 people. Or bring your staff/birthday party to join a public session and enjoy all the fun together.

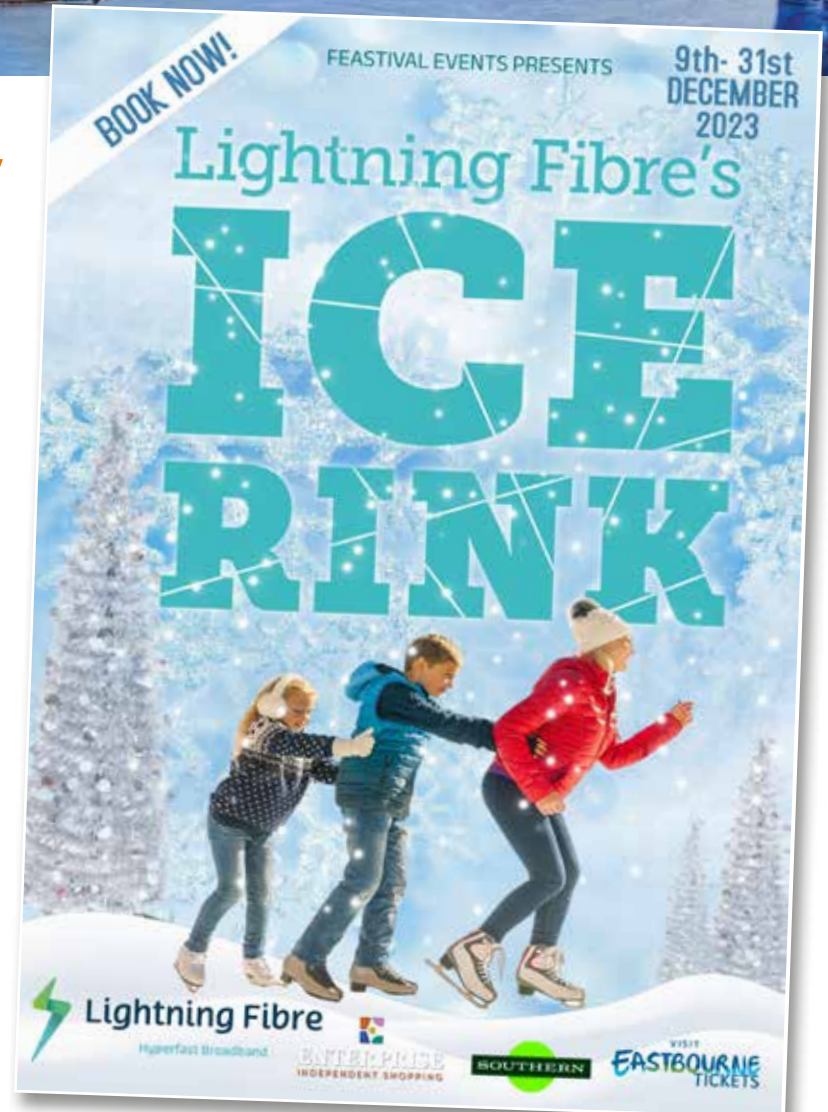
*Lightning Fibre's Ice Rink* is also available for group bookings at a discounted price, please get in touch with us today to discuss at:

[info@festival.events](mailto:info@festival.events)

**Book early!**

To book tickets please visit:  
[www.visiteastbourneticket.co.uk](http://www.visiteastbourneticket.co.uk)

[www.festival.events](http://www.festival.events)





# 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](mailto:reception@chaseleytrust.org) [www.chaseley.org.uk](http://www.chaseley.org.uk)



# Beachy Head Marathon for wellbeing

**THREE friends are taking on one of the most challenging and beautiful marathons in the UK.**

By **Nic Gray**

**Jackie, Caroline and Rhianne are off to Beachy Head to help raise much needed funds for *The Chaseley Trust*.**

*The Beachy Head Marathon* is one of the biggest off-road marathons in the UK.

Formerly known as the *Seven Sisters Marathon*, it is popular for its scenic and challenging route through the *South Downs National Park* countryside.

Jackie, Caroline and Rhianne say running is an outlet to reduce stress in their lives, as well as boosting those feel-good happy endorphins.

They decided that they wanted to raise money for *Chaseley's* wellbeing department, because they believe everyone deserves to live as rich and fulfilling of a life as possible.

Jackie, who works at *The Chaseley Trust*, knows first-hand the difference it makes, and your kind donations will go directly to provide fun activities and trips for the residents.

So, even though they'll find the 300 steps, 14 gates and the equivalent elevation of 1,318m along the *South Downs National Park* route a challenge over the 26m course, it's nothing compared to the difficulties the residents and their families face on a daily basis.

We wish Jackie, Caroline & Rhianne all the best and thank them all so much for supporting our charity.

## Why fundraise for Chaseley?

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

The upkeep of our beautiful building, upgrading our equipment and



providing all the extra social and recreational activities and services that enhance the comfort and wellbeing of our residents comes at a huge price.

We are currently in to our second year of our 15-year plan to enable us to modernise, update and refresh our *Chaseley* home.

These planned works will ensure we can deliver the best care possible to our residents for the next 75 years.

Just a couple of our projects that we need help with are:

- Repair and refresh 21 windows around our home.
- Replace some of the flooring.

The *Chaseley* building is very complicated and has been altered and extended over many years. We need to future plan any building works, including maintenance, repairs and improvements. This comes at a staggering cost, but with your help we are sure that we will be able to raise these much-needed funds and ensure our residents continue to receive the excellent care they require, whilst living in a first-class home that they deserve.

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](mailto:fundraising@chaseleytrust.org)

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

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

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

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





**Bate & Albon Solicitors are delighted to announce the opening of its new Eastbourne Office, to compliment its existing offices in Brighton, Worthing and Chichester.**

**Bate & Albon are specialists in all aspects of property law, family/matrimonial, dispute resolution and wills and probate.**

Our new office address is located at:  
**6 Gildredge Road, Eastbourne**  
**East Sussex, BN21 4RL**

**Tel. 01323 406080**

**BATE & ALBON**   
SOLICITORS

Eastbourne office contact: **Hamish Smith**, Partner  
[hamish.smith@batealbonsolicitors.co.uk](mailto:hamish.smith@batealbonsolicitors.co.uk) • [www.batealbonsolicitors.co.uk](http://www.batealbonsolicitors.co.uk)

# Little Chelsea



need a local printers?  
**THINK CUSTARD**

**custard**  
DESIGN MARKETING PRINT

01323 430303 [instant@custard-design.co.uk](mailto:instant@custard-design.co.uk)

# BEANZZ

## Coffee & Kitchen

Beanzz is an independent coffee/breakfast venue run by Carl & Bianca (a husband & wife team) and is located on Grove Road in the heart of Little Chelsea in Eastbourne.

Beanzz has a vibrant but relaxing atmosphere, it's just like home from home.

There is a tranquil garden at the back, where you can wind away the day while enjoying great coffee & Breakfast.

Beanzz serves great coffee & tea's with a breakfast/brunch & beyond menu.

Also serving a wide selection of smoothies, ice cream shakes.

Amazing home made rustic cakes & brownies.

**Monday to Saturday:** 7:30am – 4:00pm | **Sunday:** 9:00am – 4:00pm

*It's like home from home!*

Carl, Bianca & the team look forward to welcoming you.



43 Grove Road, Eastbourne BN21 4TX | @beanzzcoffeekitchen  
beanzzcoffeekitchen@gmail.com | www.beanzzcoffeekitchen.co.uk

# Art the heart of Little Chelsea

**THIS Autumn sees the arrival of the *Turner Prize* to Eastbourne and with it 125,000 extra visitors to the town. *Gallery@42* looks to create an exhibition in response.**

By **Gail McKay**

**Gallery@42 owner, Pennie Cunliffe-Lister has drafted *The Artists Pool*, a collaboration led by Renee Rilexie to do just that.**

Hailing from diverse corners of the world, they have created a show exploring the intricate tapestry of the human experience through a myriad of captivating artworks.

## **Helen Campbell: A Symphony of Energy**

Helen Campbell's "Sundance" offers a visually exhilarating journey into the essence of energy. Her art, whether portraying crashing waves or graceful dancers, explores the harmonious balance between tension and fluidity. Each canvas becomes a testament to the joy found in fleeting moments.

## **Adam Lucy: Capturing the Fragility of Memory In "All My Memories Are Photographs."**

Adam Lucy explores the enigmatic boundary between memory and reality. His work serves as time capsules, bridging gaps in our understanding of the past and questioning the reliability of memory itself.

## **Renee Rilexie's "Torn but Not Broken" series**

Now in its eleventh year, poignantly encapsulates the resilience and strength of the human spirit. Her art bears witness to the healing power of creativity and the universal connection between all beings.

## **Mal French: Life's Circular Journey**

Mal French, a member of *The Society of Eastbourne Artists*, contemplates life's cyclical nature. Her art mirrors the explosion of life, the circle of existence, and the process of aging, a poignant reflection from cradle to grave.

## **Shân Monteith-Mann: Still Water Series – Deep**

Scottish abstract artist is inspired by the connections between human beings and water, the artworks were created with water based medium including paints and inks.

As humans we are 70% water with some parts of our bodies as much as 85% water. We cannot survive more than three days without it. Civilisations develop close to aquatic sources and we are drawn to water. We swim in it, bathe in it and drink it to live. It inspires us, heals us, sustains us and literally keeps us alive.

These remarkable artists collectively illuminate the multifaceted human experience, spanning the physical and the spiritual, from birth to death and every moment in between.

For more information about this exhibition visit: [www.theartistspool.co.uk](http://www.theartistspool.co.uk)

**Exhibition runs 1st–14th October, 12–6pm**

[galleryat42@gmail.com](mailto:galleryat42@gmail.com)  
**42 South Street**  
**Eastbourne BN21 4XB**



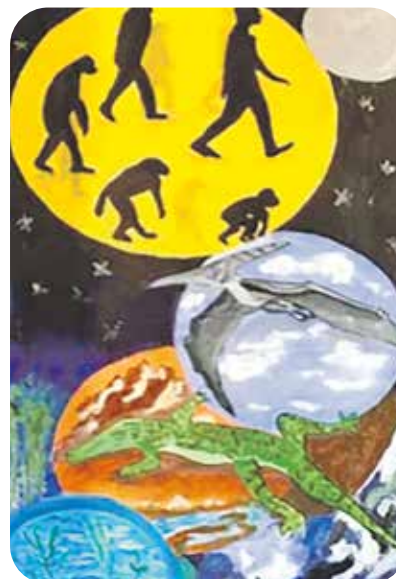
Helen Campbell.



Adam Lucy.



Renee Rilexie.



Mal French.



Shân Monteith-Mann.

# Beautiful game

**AFTER** making the move into a shop in South Street, *Students of the Game* is very much looking forward to welcoming customers new and old for our first Christmas in *Little Chelsea*.

By **Joe Walton**, SOTG

**Since opening our doors in late July we've been very warmly welcomed by local businesses and customers new and old, confirming our belief that Little Chelsea is the right place to be.**

We had a great time during our first Christmas trading while inside *Foundry* last year and have even more to offer this time around.

Our range of *Framed Subbuteo* remains as popular as ever and

although we're working hard to create more, supplies are limited so we recommend popping in early to avoid disappointment.

Other gift ideas include a wide selection of historic framed programmes, some stunning illustrations and signed photos of sporting heroes.

Then there's our racks full of vintage football shirts, *NFL* jerseys and basketball vest. Not to mention the hundreds of pre-loved kids football shirts that brighten up the shop and delight our younger visitors.



One of the best things about moving to South Street has been working with other local businesses, creators and charities.

Whether it's belts that we stock from local business, Club Belts, the football shirts we've purchased from visitors to the shop or the money we've raised for *Defiant Sports* via sales of special products and kind donations from our customers, we've loved the start of our time in *Little Chelsea*.

As the year starts to draw to a close we'd like to extend an invitation to all locals and visitors to pop into our



shop at 3 South Street. Come and explore our unique collection of sports gifts and memorabilia, share in the festive cheer and together we can help make this Christmas in *Little Chelsea* a memorable one.

We look forward to welcoming you soon!

# Morgans

Restaurant - Bistro

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

## OPENING TIMES

Tuesday—Saturday: 12:00 – 22:00

Sunday: 12:00 – 17:00

01323 644609

Email: [morgansbistro.info@gmail.com](mailto:morgansbistro.info@gmail.com)

[www.morgansbistro.co.uk](http://www.morgansbistro.co.uk)

119 South Street, Eastbourne BN21 4LU





# SCHMIDT

KITCHENS | LIVING | BEDROOMS and MORE

**SEPTEMBER OFFER – 25% OFF**  
ALL KITCHEN FURNITURE and HOME INTERIORS

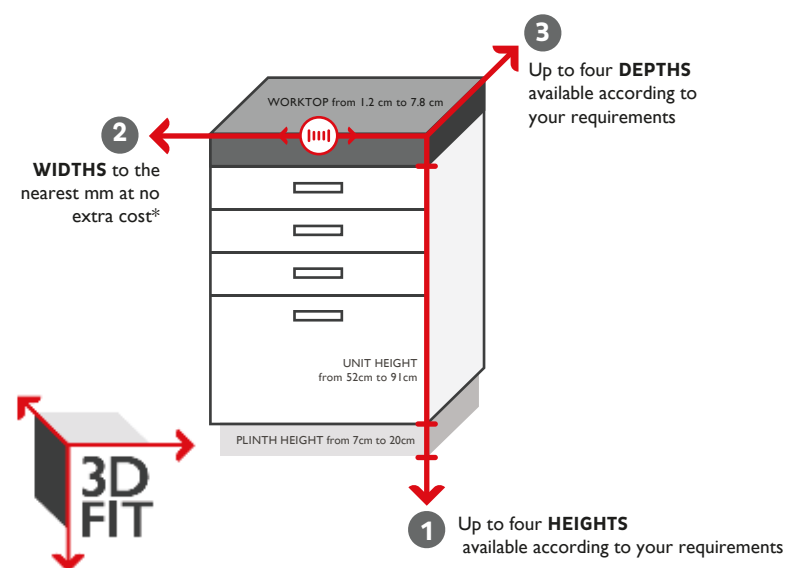
• WE WON'T BE BEATEN ON APPLIANCES •



## 3D FIT – ONLY AT SCHMIDT

bespoke widths, heights and depths

With 3D FIT, you can make the best use of the available space and produce a flawless finish where every millimetre counts. Schmidt can adapt the three different dimensions of your units to gain more storage space that any other brand.



**SCHMIDT**  
**EASTBOURNE**

39 Grove Road, Eastbourne  
East Sussex, BN21 4TX  
Tel: 01323 408333

> [www.homedesign.schmidt](http://www.homedesign.schmidt)

**key.**

## NEW KEY COLLECTION

This collection was created to offer all Schmidt's essentials with affordable prices, while featuring the Schmidt quality.

# 1/2 PRICE INSTALLATION

Have your new kitchen in time for Christmas.



**FREE BOSCH  
OVEN WORTH  
£450**



From £7,000

**CHALLENGE  
US TO BEAT  
YOUR QUOTE**

**Book your FREE  
consultation today!**

## SCHMIDT EASTBOURNE

39 Grove Road, Eastbourne  
East Sussex, BN21 4TX  
Tel: 01323 408333

> [www.homedesign.schmidt](http://www.homedesign.schmidt)

SCAN ME



# More than beds

**FOR 30 years *Mr Beds* has served as charming family-run bed shop.**

By **Gail McKay**

**Craig Ashdown has recently taken the helm as the new manager of the store and has truly transformed it into something extraordinary. With a diverse background in floristry, retail, and design, Craig's vision has breathed new life into *Mr Beds*, adding a touch of magic to the shopping experience.**

*Mr Beds* has earned a reputation for excellence stocking *Dunlopillo* mattresses, it's the Sleep centre for *Silent Night*, and they are very proud to stock the luxury *Reylon* mattresses.

Craig passionately asserts, "Electric beds are for everybody." Whether you're an avid reader, a TV enthusiast, or even someone who occasionally works from the comfort of your bed, *Mr Beds* offers the solution—a luxuriously comfortable position that supports your back and neck.

Walking into *Mr Beds* today feels like stepping into an Aladdin's Cave of interior delights. The store boasts a wide array of exquisite home decor items, including mirrors, frames, vases, glasses, clocks, lamps, bowls, trinkets, art, and objet d'art.

With two additional levels to explore, Craig's fearless embrace



of colour and design is spread over three floors. His talent for creating stunning window displays are evident in the current Autumn-themed showcase, keeping the shopping experience fresh and exciting.

*Mr Beds* is now a destination for serious shoppers and casual browsers alike. Under Craig's creative direction, the store has become a celebration of opulent, eclectic glamour. It's still a family-run business, but with Craig's touch, it's now a little bit extra—a treasure trove of elegance, luxury, and comfort.



**21 Cornfield Terrace,  
Eastbourne BN21 4NS  
01323 739416  
[www.mrbedseastbourne.co.uk](http://www.mrbedseastbourne.co.uk)**



By **Gail McKay**

**With over 25 years of dedicated service, *Profile Hair Design* has established itself as a hub for top-notch hair care and styling in Eastbourne.**

## A family of experts

Cathy, the salon's owner, brings a wealth of knowledge as a trained trichologist, offering private consultations for hair and scalp disorders.

*Profile* also provide discreet services for hair replacement including wigs and toppers and are NHS approved suppliers.

Whether you're looking for a style maintenance or a complete redesign, Cathy and her experienced team have you covered. Nikki & Jenny have also introduced invisible weave and tape-in extensions to their skill set.

## Brilliant colour and more

Their colour services range from root touch-ups to transformative makeovers, using the luxurious *Lômé Paris* range

# Dream hair this autumn

**WHEN it comes to hair, *Profile Hair Design* in *Little Chelsea* is not just a salon; it's a sanctuary of style and expertise.**

from France. This high-quality colour line ensures fabulous results without compromising hair health.

## Perks for your hair

*Profile Hair Design* doesn't just stop at styling; they offer permanent blow-dry treatments using *Keratin Revolution*, a luxury product that transforms frizzy hair into sleek perfection. Moreover, their expertise extends to bridal hair, with tailored packages for brides and their entourages.

## Product recommendations

To maintain your salon-fresh look

at home, *Profile Hair Design* recommends using *Paul Mitchell* and *Nioxin* hair care products.

These brands have been trusted by the salon for over 30 years and are known for their exceptional quality and effectiveness. This autumn, let *Profile Hair Design* capture your dream hair and elevate your style to new heights.

For appointments and inquiries, call **01323 728084**.

**26 Grove Road, Eastbourne  
[www.profilehaireastbourne.co.uk](http://www.profilehaireastbourne.co.uk)**



# Why you must pay a visit to the Dem Food Centre in Grove Road

**THE new Dem Food Centre at 58 Grove Road is an amazing supermarket.**

## Here are some of the main attractions:

- Bakery.
- Butchers.
- Grocery.
- Fresh fruits and vegetables.
- Biscuits, snacks and beverages.
- Frozen food and breakfast food.

And it is open seven days a week from 8am until 11pm.

It opened on Saturday, September 23rd and is a huge boost for Grove Road and Little Chelsea – and indeed for the whole of Eastbourne.

Here are Tarik Genc and Furkan Yilmaz:

“Everything in the bakery is fresh and homemade.

“We source our vegetables directly, we don’t use a supplier to ensure the shortest time from farm to table.

“We are very proud of our butchers, which is in partnership

By **Peter Lindsey**

with the *Dem Shish Restaurant* in South Street. We have incredibly high standards, and our cuts of meat are the best.

“Many of our products come direct from London and we offer international food as well as vegan.



“When you come into the shop, there are clear sections for the different items that we are selling.

“We also offer an *Amazon* parcel service and we are hopeful that in October we will also be able to operate an off-licence.

“We are opening for 15 hours each day but we are very respectful of our neighbours and all our ceilings are sound proofed.”

They are also working with *Eastbourne Foodbank* and *Community Fridges* in Eastbourne to ensure no food is wasted.

“We believe in fostering connections within our community and building bridges for a stronger, more supportive community.”

Both Tarik and Furkan want to publicly acknowledge the support they have received from the *Dem Shish Restaurant* since deciding to open the *Dem Food Centre*.

“Kadir has been a great help and fantastic supporter.”



01323 576761  
[www.demfoodcentre.co.uk](http://www.demfoodcentre.co.uk)

58 Grove Road  
Eastbourne BN21 4UD

# HARTREADE Solicitors



*Always Approachable*

104 South Street, Eastbourne | 01323 727 321 | [harttrade.co.uk](http://harttrade.co.uk)

# Iconic rail journeys

**NO sooner had I said that the problems at airports had eased, then we had a computer failure at NATS (National Air Traffic Service) which caused delays for most flights, particularly within Europe!**

By **Martin Wellings**, PST

**Well, this month I am going to play it safe and talk about some of the iconic rail journeys of which there are now many.**

I've travelled on the *Blue Train* from Johannesburg to Cape Town, and from London to Venice on the *Orient Express*, both of which were great experiences but the one that I have not, and is on my list, is *The Rocky Mountaineer* going through the Rockies to Vancouver as I have always been in that area in winter when it does not run. So that I could provide a first-hand account of the trip, I asked a relation of mine, Christine Warwick, to write her report on her recent journey on board.

"The pioneering engineers who built the railway through the Canadian Rockies to the Pacific in the 1880s could never have envisaged the type of service which would traverse their tracks in the 21st. century.

"Even by modern standards, a trip on the western-most section of what was originally Canada's first transcontinental passenger train line is luxurious, and the *Rocky Mountaineer* is a purpose-built tourist service that can truly be described as a journey of a lifetime.

"I spent two days travelling the *Rocky Mountaineer's 'First Passage to the West'* flagship route of some 600 miles from Banff, Alberta to the city of Vancouver. The scenery is spectacular, from the towering snow-capped mountains which



dominate the early part of the trip to the river valleys, lakes and varied landscape which later prevail.

"If your budget permits, it makes sense to opt for the 'Gold Leaf' service which means that you travel in an extremely comfortable, elevated carriage with a glass-domed roof and broad windows, maximising the views of the scenery. There is also an exterior viewing platform. Your carriage 'host' provides a running commentary on the journey's highlights as well as a steady supply of whatever tippie, beverage or snack that takes your fancy. Meals are served in a separate dining car. You don't miss any of the scenery, as part of the fare includes overnight accommodation at Kamloops, the midway stage of this fantastic trip."

So, the end of her story which is a good example of a different type of holiday, but in fact there are now a huge number of different types available today, whether it is cruising on board a square-rigged sailing vessel or joining expedition journey to the Antarctic so perhaps it may be something different to try next year?

## Australia and New Zealand



**Visit family and friends or tour the country**

**Australia and new Zealand have been one of our most popular destination this year, whether it is for flights only or a tailor-made tour, we are your first port of call.**

**Do book early, as fares are constantly increasing.**



**Personal Service Travel**  
Grove Road, Eastbourne . Tel: 01323-410500



# Food&Drink



your print needs being served?

**THINK CUSTARD**

**custard**

DESIGN MARKETING PRINT

01323 430303 [instant@custard-design.co.uk](mailto:instant@custard-design.co.uk)

# DINING AT THE LANSDOWNNE

*Always*  
delicious

Est. **1912**  
*Seasons*

## Delight in the waning sunlight.

The wind is changing: the sea air a little crisper than it was a fortnight ago. As the school bell relieves you and yours of the care of children or grandchildren, it's time for a reviving pilgrimage to the cliffs. Complete your autumnal excursions with a meal at the Lansdownne. Enjoy two courses for a reasonable £24.00 per person, or a light Afternoon Tea to celebrate the new season with us.

Two Courses  
**£24.00**  
per person

Afternoon Tea  
**£22.95**  
per person

Champagne  
Afternoon Tea  
**£27.95**  
per person



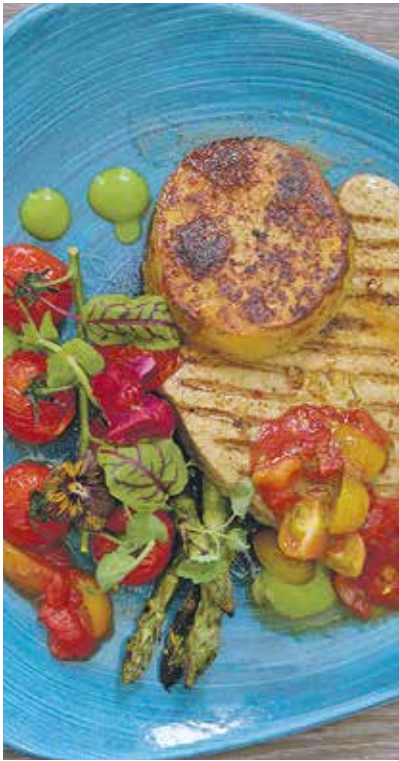
*Always* inspired



## **THE LANSDOWNNE**

King Edward's Parade, Eastbourne BN21 4EE [www.lansdownne-hotel.co.uk](http://www.lansdownne-hotel.co.uk) **01323 725 174**   @lansdownnehotel





# Enjoy sea view lounges at The Lansdowne

**WITH Autumn now upon us and the anticipation of some fine October days, our doors are always open for a bite to eat, drink in our bar or to enjoy coffee in our sea view lounges.**

By **Stephen Callis**

**Our 1912 dining menu has been updated with fresh flavours and new dishes served throughout the day.**

## 1912 – two courses for £24

Our new seasons menu is being updated for the Autumn and includes two courses for £24 at our restaurant *1912 Seafood & Steak*. All day dining is available from midday until 8.45pm with £6 cocktails in our bar between 5pm and 7pm daily.

## Forthcoming events Friday 10th November – Loire Valley Wine Pairing Dinner.

Experience wines from the Loire Valley with matching dishes over a three course menu. Wines will

include some of the smaller wine producers. £55 per adult.

## Saturday 18th and Sunday 19th November – Fawlty Towers comedy weekend.

Enjoy being hosted by Basil, Sybil and Manuel as they check guests in and then host cream tea prior to a 3-course comedy dinner show and disco! £180 per person.

## Friday 1st December – Celebration Wine Pairing Dinner.

Commence the start of the festive season with local Sussex wines from *Bluebell Vineyard Estate at Sheffield Park*. Enjoy a three course dinner with a selection of sparkling and still wines. £85 per person.



## Private events at The Lansdowne

The Lansdowne has several function spaces that are ideal for dinners, parties, anniversaries and celebration of life events. We can host an event as a lunch or evening function to suit your requirements and can make suggestions on menu options and accompanying wines.

*The Lansdowne* also has a civil ceremony wedding license and can host a ceremony and wedding breakfast for up to 70 and an evening function to a capacity of 100 guests. Please ask for the events team for further information.



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

[www.lansdowne-hotel.co.uk](http://www.lansdowne-hotel.co.uk)  
01323 725174  
[enquiries@lansdowne-hotel.co.uk](mailto:enquiries@lansdowne-hotel.co.uk)  
f @lansdownehotel

# Horrid Halloween concoctions

**SPICE up your Halloween shenanigans with these grown up cocktails.**

By **Gail McKay**

## BLOODY MARTINI

Upgrade a classic martini with this bloody twist.

Any red fruit juice will work e.g. cherry, pomegranate, mixed berries.

### INGREDIENTS

- Ice cubes.
- 15ml vermouth.
- 75ml gin/vodka/white rum.
- 100ml red fruit juice.

### FOR THE GARNISH

- 8 blackberries.
- 1 tsp icing sugar.

### INSTRUCTIONS

1. Mix 10 ice cubes in a cocktail shaker. Add 15ml of vermouth, stir about 20 times, then add 75ml gin, vodka or white rum. Add about 75ml of red juice. Stir well and strain into a martini glass.
2. Push 5–10 cherries or reddish berries through a sieve, and a little icing sugar, and a drop of juice if needed. Drizzle over the rim.
3. Garnish with a few berries.

## DEATH IN THE AFTERNOON – PLUS EYE BALLS

Ernest Hemingway came up with this lively green cocktail which lends itself very well to a few well-placed eyeballs.

### INGREDIENTS

- Bottle of champagne or fizzy wine.
- Absinthe 10ml per glass.
- One sugar cube per glass.
- Green food colouring if your absythe is light in colour.

### FOR THE EYEBALLS

- Tin of lychees.
- 20 blueberries.
- Cocktail sticks.

### INSTRUCTIONS

1. Make eyeballs by stuffing the lychees with a blueberry and thread them on to a cocktail stick.
2. Splash the absinthe into a champagne flute, add a drop of green food colouring.
3. Pop the sugar cube in the glass, and eyeballs on the cocktail stick.
4. Top up with sparkling wine in front of your guests as it fizzes up well.

## CARR TAYLOR

Premium English Sparkling and Still Wines delivered to your door, from England's first commercial producer of Sparkling Wine.

**Carr Taylor Sparkling Rosé Wine**  
Ideal for your winter festive parties.

Our award winning Sparkling Rosé wine is perfect for celebrating with friends.

[sales@carr-taylor.co.uk](mailto:sales@carr-taylor.co.uk)  
01424 752501  
[www.carr-taylor.co.uk](http://www.carr-taylor.co.uk)



# Health & Wellbeing



your brand need revitalising?  
**THINK CUSTARD**

**custard**  
DESIGN MARKETING PRINT

01323 430303 [instant@custard-design.co.uk](mailto:instant@custard-design.co.uk)



**Clearwell**  
mobility   
*Making Life Easier*

**Mobility Scooters** From **£729\***



**Wheelchairs**  
from **£189\***



**Riser Recliners**  
from **£499\***



**Stairlifts Installed**  
from **£1,890\***

**Eastbourne Showroom**

336/338 Seaside  
Eastbourne  
BN22 7RJ

(Next to Tesco Express)

**01323 484 060**

Mon-Sat 9<sup>am</sup>-5<sup>pm</sup>

\*Prices quoted exclude VAT & are available to customers with a long term medical condition.

[www.clearwellmobility.co.uk](http://www.clearwellmobility.co.uk)



**FREE 2022 Brochure**

**NEW!**

BOUFR

Name \_\_\_\_\_  
Address \_\_\_\_\_  
\_\_\_\_\_  
Postcode \_\_\_\_\_  
Post to: FREEPOST CLEARWELL MOBILITY



# Motcombe Pool is listening

**THE Friends of Motcombe Pool have two new events happening in October that all Friends of Motcombe Pool are invited to.**

By **Gail McKay**

**The Listening Project**  
**Saturday 21st October, 11am till 2pm, the CIC will be collecting your stories to help with fundraising, build social value and support funding applications to rebuild this amazing Edwardian pool.**

How did the Pool impact on your life and the lives of your families? If you are interested in helping out on the day, get in touch. Every little bit helps, whether making cakes, selling coffee and t-shirts, helping to arrange the interviews, they need you.

Send your interest to:  
[events@motcombepool.org](mailto:events@motcombepool.org)

**Story of Motcombe Baths**  
The second event is Sunday 22nd October.

11am: The incredible Warwick P Davies – by popular demand, will present his fascinating, “Story of Motcombe Baths”.

12 noon: *Motcombe Community Pool CIC. ‘Meet the Team’* Where are we Now? Find out what exactly is going on, where any money raised will go and meet the dedicated

volunteers all doing their best in their spare time to bring the beautiful pool back to the community.

For more information contact:  
[events@motcombepool.org](mailto:events@motcombepool.org)  
or join the new Facebook group *Motcombe Community Pool – Community Interest Group.*



# 200 volunteers making a real difference



Karen Jarvis (centre) with volunteers.

**KAREN Jarvis is a Voluntary Services Co-ordinator for the *East Sussex Healthcare NHS Trust*, which covers the *DGH*.**

By **Peter Lindsey**

**Here we chat to her to find out more about her and what brought her to our trust.**

**How long have you been in your current role?**

A joyful seven months.

**How did you become interested in the working in voluntary services?**

Honestly, I was looking for a part time post, but when I saw the Voluntary

Services Co-ordinator job spec, I really wanted to do this role.

**What is the best thing about your role?**

Genuinely it's the volunteers. They make me smile and laugh, and they touch my heart every day. I am inspired by them; they drive me to further strengthen and grow the community spirit they have as a team. I want to ensure they feel valued and that their contribution to the trust is recognised.

**What do you think people would be surprised to learn about our volunteers?**

We have close to 200 volunteers at Eastbourne and just shy of 400 across the trust, and we continue to and still want and need to recruit more.

Each year we hold 'Long Service Awards' for our volunteers, where we recognise them for achieving 5, 10, 15, 20 or 25 years of committed service. This year a total of 107 volunteers were awarded for a combined 931 years of service. Our longest serving volunteer has been here for 43 years; that's dedication!

**Who has inspired you in your career?**

My father. In his community my father is known as 'The Legend' and that is a true description. I am biased, but he has the kindest nature and will

do anything for anyone. He is also hilarious – and I like the fact that by proxy I must be the legend's daughter.

I also admire sports professionals. Their dedication is relentless and their passion is their career, which is a powerful example to all.

**I love my role because...**

...it makes me smile, and for that I thank the volunteers.

**Anything else you would like to tell us?**

Each day I try to take some time to go and engage with the volunteers, to share positive news and thank them for their support.

When you see a volunteer can I encourage you to take time to say hello, thank them and make them feel valued too?



James Banks (right) with award.

# James is a true hero!

**JAMES Banks works in the Emergency Department Security at the *DGH*, and is the winner of the Trust's Hero of the Month award!**

By **Peter Lindsey**

**His nomination read: "We have seen a huge rise in mental health patients waiting for beds in the community, which can be a real struggle for our colleagues in the Emergency Department to manage."**

**Above and beyond**

"James goes above and beyond to keep the department calm and always gives patients the time of day when they are at their most vulnerable or in crisis.

"He recently helped a patient who was really worried because her mobile phone was not working by

going to the shops, in his own time, to get the patient a new sim card with £10 credit so she could keep in contact with her family.

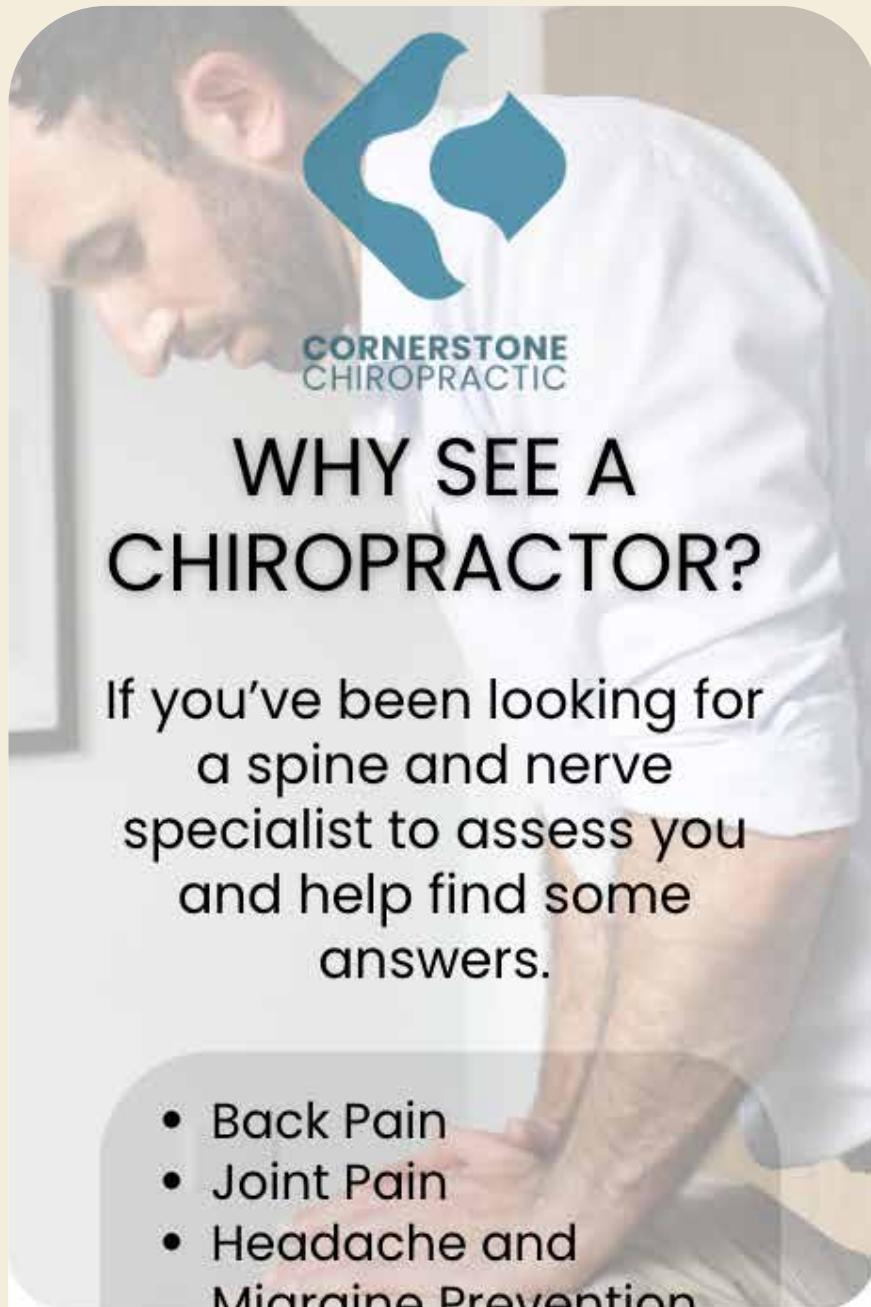
**Really appreciated**

"The patient mentioned remained relaxed and calm due to what James did and it is really appreciated by everyone in the ED team.

"The security team are contractors to the NHS, but they remain a big part of our team.

"I feel they should be recognised for the work they do, not just in ED but in the trust as a whole."

Congratulations to James and to the whole team.



## WHY SEE A CHIROPRACTOR?

If you've been looking for a spine and nerve specialist to assess you and help find some answers.

- Back Pain
- Joint Pain
- Headache and Migraine Prevention
- Shoulder Injuries
- Sciatica

Have you considered seeing a Chiropractor?



251 Seaside  
Eastbourne BN22 7NT



01323 573 482



[info@cornerstonechiropractic.co.uk](mailto:info@cornerstonechiropractic.co.uk)



[www.cornerstonechiropractic.co.uk](http://www.cornerstonechiropractic.co.uk)



# Autumn Delights

**THE advent of Autumn brings new delights as *Polegate Ramblers* swap summer sun, fields of wheat and barley rippling in the wind and shorts for Autumn leaves, abundant hedgerows and warmer clothes.**

By **Gill Mattock**

**So it was with great excitement that members awaited the publication of their Autumn programme. (<http://polegateramblers.org.uk>)**

*The Leisure Walkers*, having explored Eastbourne's parks, are looking forward to strolls round Bexhill and Heathfield while the Short Walkers will be exploring the area around Alfriston and Selmeston.

Walks around Barcombe, Burwash and Bishopstone are on the menu for the *Long Walkers* as well as rambles closer to home.

Traditionally Autumn brings wind, rain and mud but climate change has resulted in no season being clearly defined any more.

We are just as likely to have a warm, sunny day in November as in July and we certainly experienced plenty of rainy days during the summer.

A recent, rather wet, walk around Folkington finished with tea and

cakes in the garden of one of the members. It should be pointed out that this does not happen every week although cake does seem to pop up rather a lot!

Since a typical 10 mile ramble will clock up about 24,000 steps requiring 1,200 calories, a slice of cake is considered a suitable guilt free reward and is very welcome at the end of a long walk.

The club prides itself on its green credentials and operates a car share system from their meeting place at Polegate recreation ground to the starting point of each walk. Car passengers contribute to the driver's petrol costs and this is especially appreciated by the non drivers who otherwise would not be able to participate in most of the walks.

*Polegate Ramblers* meet every Thursday for a choice of a 5-ish mile, 2-ish mile or 10-ish mile walk. Rambles are led by experienced members who plan walks in the local area.

For information please email: [polegateramblers@gmail.com](mailto:polegateramblers@gmail.com)

# Ready to go smoke free?

**SMOKERS in England are being urged to stub out the habit as part of the annual *Stoptober* public health campaign launching in October.**

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

**Latest statistics show smoking costs the NHS £2.4 billion a year while causing at least 15 types of cancers, including lung cancer and acute myeloid leukaemia.**

*Stoptober* – now in its 12th year – aims to empower people to give up

smoking during October, as evidence shows people are five times more likely to quit for good if they can make it to at least 28 days smoke free.

Why not access FREE local support from *One You East Sussex*, the county's free healthy lifestyle service.



Session are conducted either face to face across the county or on the telephone with products been provided FREE OF CHARGE.

Why not give it a go. For more information, please visit: [www.oneyoueastsussex.org.uk](http://www.oneyoueastsussex.org.uk) or call **01323 404600**

# Gong vibrations

**EXPERIENCE the relaxing and healing sounds of a Gong Bath. Sound has been key to our wellbeing for all of our existence. Whether to relax or entertain, sound has proven to be healing on many levels.**

By **Gail McKay**

**The vibrations and resonance of the Gongs induces the slowest brain wave state, usually only obtained in our deep sleep or in the deepest meditation state. It is during this level of relaxation our body can reset and heal.**

Karen Hayler from *Gong Vibrations* facilitates gong baths in and around Bexhill, Hastings and Eastbourne.

The next event in Eastbourne is on the 22nd October, at the Beach Studio, Natural Fitness Centre, Eastbourne BN22 7AQ

For tickets please visit: [www.ticketsource.co.uk](http://www.ticketsource.co.uk) and search for 'Gong Bath Eastbourne'.

**07986 911083**  
[www.karenhayler.co.uk](http://www.karenhayler.co.uk)



Is seeking a part-time physiotherapist or Retired PE teacher  
or  
A person with a Doctor's referral Certificate  
or  
Someone with the relevant qualifications who would like to take the training course  
To deliver Pulmonary Rehabilitation Exercises.



Please apply in the first instance to BreatheEasy Eastbourne  
on **07969 490379**  
or email – [breatheaseyeastbourne@gmail.com](mailto:breatheaseyeastbourne@gmail.com)

Our website address is:  
[www.breatheaseyeastbourne.org](http://www.breatheaseyeastbourne.org)



A lifestyle  
tailored  
to you

Residents' quality of life is at the heart of everything we do, enabling each individual to lead independent, fulfilling lives.

If you're considering a care home,  
call **01323 886719** or visit  
**[careuk.com/bowes-house](http://careuk.com/bowes-house)**

Inspected and rated

Good

Trusted to care

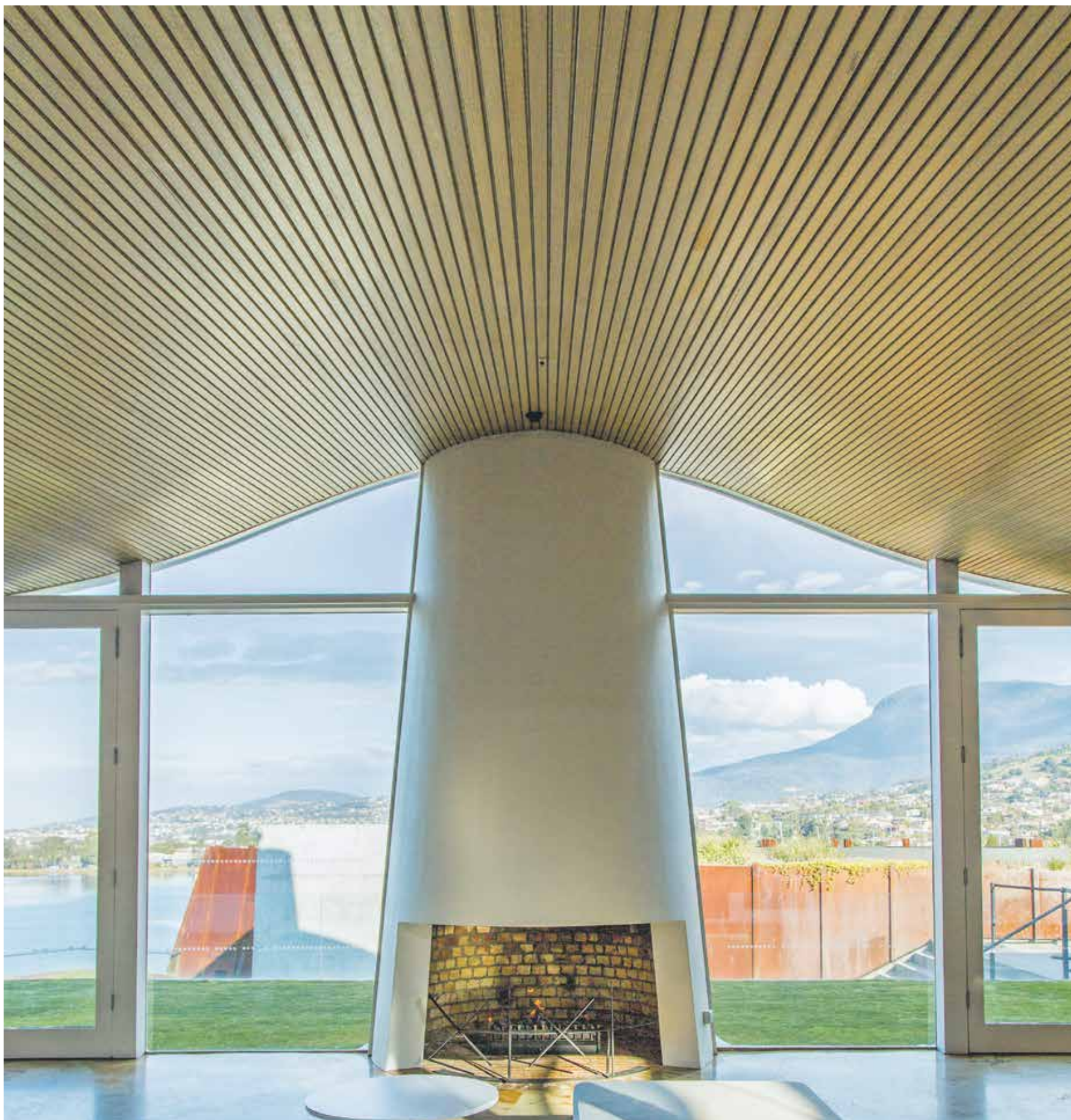


**Bowes House care home**  
Hailsham

**care UK**



# Property



need a home for your print?  
**THINK CUSTARD**

**custard**  
DESIGN MARKETING PRINT

01323 430303 [instant@custard-design.co.uk](mailto:instant@custard-design.co.uk)

# The Builders Club

For All Your Building Requirements



## The Transformation team

**COMPLETING** over 1000 projects over the last 25 years, *The Builders Club Ltd*, has provided a first class service throughout Sussex.

**From refurbishments, extensions, loft conversions, garden rooms, kitchens, bathrooms, driveways, repointing, decoration, rendering, plastering, structural works, Cedral cladding, conservatories and orangery's.**

Building new houses to Code 3 sustainability and the full restoration of the iconic *Belle Tout Lighthouse* in 2010, filmed and televised on Channel 5's 'Build a New Life' in the Country.

They have the experience, innovation and the service to complete your project to a high standard that they will be proud of.

### Garden rooms

Adding much need additional living space in to your home, often cheaper than an extension, their fully bespoke

By **Gail McKay**

garden rooms are fully insulated and completed to an exceptionally high quality and standard.

As an official Cedral Cladding Installer and Millboard Decking installer, their design team can create your perfect living space.

Cedral cladding offers a transformation far superior to many other cladding systems, with a 10 year guarantee and a variety of colours and designs. Cedral cladding can bring much needed weather proofing and a vibrant style to your home.



### Extensions

Extensions can provide a anything from a small additional space enlarging a room or kitchen to opening up your home to create a completely new design and living spaces, their bespoke extensions can create your dream.

Their design and engineering team can help you realise your project in the comfort of their showroom in Seaford.

### Bathrooms and kitchens

Their Bathroom fitters are accredited by the Guild of Master Craftsmen and the Federation of Master Builders so you are in safe hands.

Your kitchen may just be the epicentre of your home so you need kitchen fitters who can make it robust, comfortable and stylish.



**We continuously strive to improve, not only our service, but also our range of services to our customers.**

Their experienced and reputable kitchen fitters can do just that. With years of experience, they will ensure that your kitchen is built to last. They cater for all budgets so just let them know what you have to spend and they will work with you to create an affordable option that wows visitors and keeps the family happy too.

A full design service is also available.

Visit their showroom and chat to one of their design team.

**Windows and doors / bifold doors**

The Builders Club offer a complete range of windows, doors and bifold doors including UPVC and Aluminium, Bespoke and Timber.

They are 'Fensa' registered and products come with a 10 year insurance backed guarantee.

**Patios and drive ways**

The Builders Club has its very own porcelain patio and specialist drive way team.

Fantastic offers are available for all of their customers.

From full garden restorations to refreshing tired gardens.

Call them now for free quotation.



**Incredible extensions**

The Builders Club master craftsmen have created some of the most exciting conservatories and house extensions.

**Architect and Engineers drawings**

From design to completion, planning permission, building regulation applications to structural works and calculations, *The Builders Club* can provide all architectural and engineering paperwork.

**Highly accredited**

The Builders Club have multiple, top accreditations so you know you are in safe hands. Their accreditations include:



**Outdoor spaces**

A fantastic sunken garden transformation involving both building and landscaping work resulting in a brilliant outdoor space.

**Get in touch**

The Builders Club provide high-quality building services for their valued clients. Their team goes above and beyond to cater to each project's specific needs. "We continuously strive to improve, not only our service, but also our range of services to our customers."

To find out more about their builders or to arrange a quote, get in touch with them today.

**Stunning bathrooms**

The Builders Club's accredited, reputable and affordable bathroom fitters are here to help.



**The Builders Club**  
*For All Your Building Requirements*

**01323 490283**  
**07951 160465**  
**thebuildersclub@gmail.com**  
**www.thebuildersclub.co.uk**

**Head office:**  
**20, Sutton Park Road, Seaford,**  
**East Sussex BN25 2DD**



**GINGER &  
SANDERS**  
PROPERTY SALES & LETTINGS

Est. 2012



We will  
**NOT** scare  
you with our  
competitive  
fees



## Contact Ginger & Sanders, your local Lettings and Estate Agency

- Eye catching For Sale and To Let boards
- All properties on Rightmove, Zoopla and OnTheMarket
- Excellent Residential Knowledge
- Over 90 years' experience

*“passionate about property”*

185a Langney Road, Eastbourne, East Sussex BN22 8AH

**01323 701702**

[info@gssalesandlettings.com](mailto:info@gssalesandlettings.com) | [gssalesandlettings.com](http://gssalesandlettings.com)

Contact Daniel, James, Lisa or Peter for a **FREE**,  
no obligation market appraisal.

# The Arts

“

It doesn't matter  
what world you  
come from...  
You're welcome  
in ours!

**WYNTERCON X**  
Saturday 14th to Sunday 15th October 2023  
[www.wyntercon.org](http://www.wyntercon.org)

Ironman from the Wyntercon VIII Convention.

bringing your art to life?  
**THINK CUSTARD**

**custard**  
DESIGN MARKETING PRINT

01323 430303 [instant@custard-design.co.uk](mailto:instant@custard-design.co.uk)



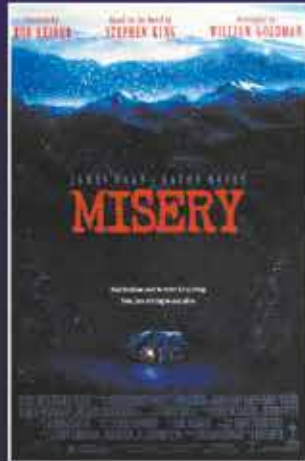
**INDEPENDENT CINEMA,  
LIVE ENTERTAINMENT  
& THEATRE VENUE**

**What's on in October!**

**FREE PARKING  
THROUGHOUT HAILSHAM**



15 Sound of Freedom



15 Misery



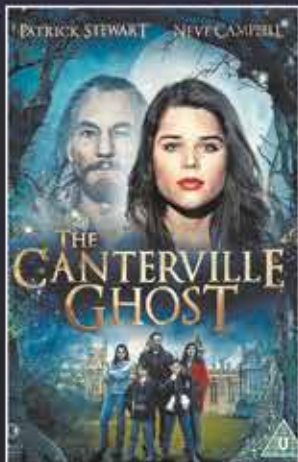
12 A Life On The Farm



15 The Equalizer 3



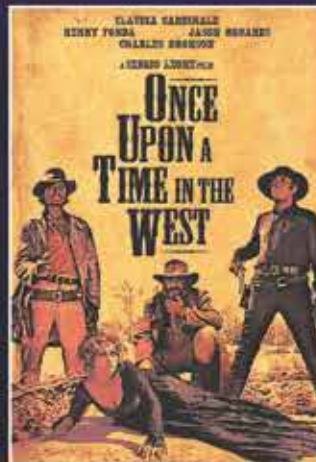
12 Battleship Potemkin



PG The Canterville Ghost



12A A Haunting In Venice



15 Once Upon A Time In The West



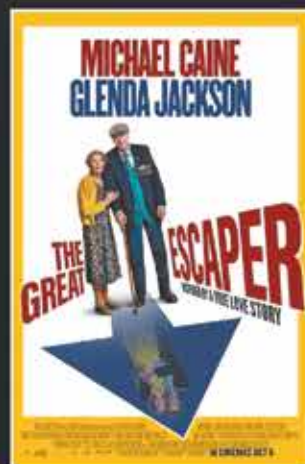
12A Chicago



12A The Creator

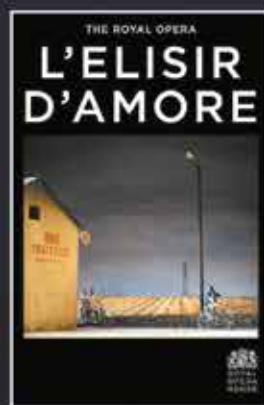


U Paw Patrol: The Mighty Movie



12A The Great Escaper

**EVENT CINEMA**



**LIVE EVENTS**



**For full programme or to book:  
[www.hailshampavilion.co.uk](http://www.hailshampavilion.co.uk)**

# Prize prints at Port Hotel

**TO celebrate the *Turner Prize* at *Towner Gallery*, special edition prints from *King & McGaw's Turner Prize* collection are now on show at *Port Hotel* on Eastbourne seafront.**

By **Peter Lindsey**

**The exhibition honours previous Turner Prize artists, dating back to the 1980s when the Turner Prize first launched.**

Archive prints from three artists will be on display throughout *Port's* restaurant which, with its abundance of natural light, pouring in from the sea-front, makes for an ideal gallery space.

There are framed prints by Sir Howard Hodgkin, one of Britain's greatest colourists and contemporary painters, who scooped the *Turner Prize* in 1985.

Known for using saturated colours and expressive brush strokes, he painted directly onto the back of old picture frames or salvaged wood



– therefore blurring the traditional distinction between object and image.

Special editions by Fiona Rae will also be on display, working beautifully within the palette of *Port Hotel's* environment. Rae, who was shortlisted for the *Turner Prize* in 1991, is known for her inventive use of colour, line, imagery and gesture – which fuses together to form an abstract-pop universe.

Completing the trio of artists on show is printmaker Patrick Caulfield whose special edition pop-art

prints are bold, bright and superbly executed. Taking the everyday object and elevating it to art status, Patrick was shortlisted for the *Turner Prize* in 1987 for his landmark solo show "The Artist's Eye".

All framed prints exhibited at *Port Hotel* will be available to buy via a *King & McGaw*.

It runs until the end of December.

For further information please contact: [susie@stayatport.com](mailto:susie@stayatport.com) or [cassie.merrick@kingandmcgaw.com](mailto:cassie.merrick@kingandmcgaw.com)

# Belle Tout and Seven Sisters feature in new love story

**ROSALIE James is an author from Eastbourne.**

By **Peter Lindsey**

**Her debut novel was *Parisian Legacy*, and she was delighted it was recommended in the *Good Housekeeping* magazine as 'a great summer read.'**

Now she has published the sequel called *Windsong*.

It is set in our own local area and features in particular, the *Seven Sisters* cliffs, *Belle Tout* lighthouse and local woodland walks.

They are the settings for the unfolding of a gentle but challenging love story.

Rosalie said: "My characters navigate love, tragedy and betrayal, but are ultimately uplifted by hope, and the wisdom they have gained along the way.

"*Windsong* celebrates the many facets of love and the pain we endure to uphold our truth.

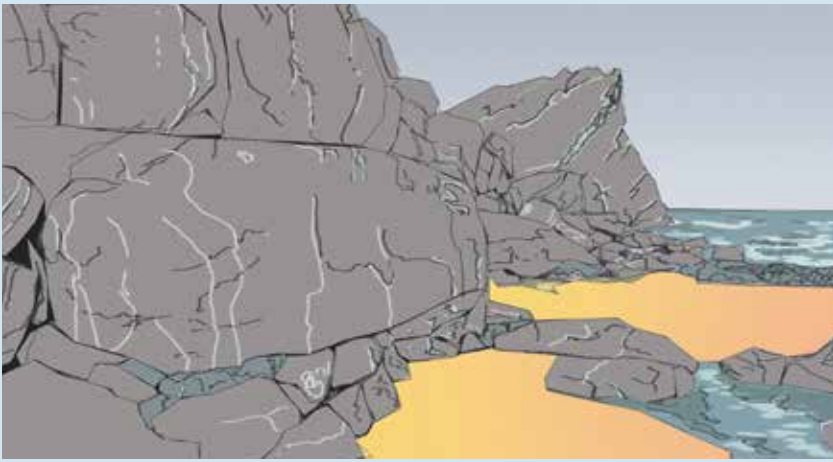
"I think that reading is a much needed escape from the pressures of daily life.

"My objective as a writer is to take others to new and interesting places,

and for them to experience different lives, just for a while.

"My stories offer the chance to explore the rich tapestry of life, with all its joys and heartache, but ultimately to leave readers feeling uplifted."





# Toast of the town

**A CAFÉ known for their ‘hipster’ breakfasts and seriously satisfying sandwiches, the *Beach Kitchen* is now a cultural hub for artists.**

By **Gail McKay**

**Paul Jennings, a local artist and musician, has a few of his recent pieces up right now.**

Having only recently developed his style of brush and palette knife work, he now has an eclectic collection that covers figurative, land and seascapes among other things.

He enjoyed an exhibition in Hyde Gardens last year and has more in the pipeline for later in 2023.

“I’m really excited to be exhibiting at the *Beach Kitchen* and hope people will enjoy my artwork.”

Paul’s work is primarily oil painting, but he has also dived into ink, graphite, charcoal and digital in his attempts to hone his skills which he sees as a lifelong learning experience.

Pop down to the *Beach Kitchen* and enjoy his exciting collection of paintings.

**Beach Kitchen  
56 Beach Road  
Eastbourne BN22 7HA**

**01323 412227  
f thebeachkitcheneastbourne**



# Funny Turns

**FOLLOWING two sold-out London productions David Hampshire’s acclaimed play comes to *The Grove Theatre, Eastbourne.***

By **Gail McKay**

**Professional theatre company *South Coast Theatre* are delighted to announce that **Jeffrey Holland** (known to millions as **Spike** in TV’s classic comedy *Hi-De-Hi*, **James Twelvetrees** in *You Rang, M’Lord?* and **Mr. Parkin** the stationmaster in *Oh, Dr. Beeching!*) will appear in the leading role of comedian **Norman Tate** in *‘Funny Turns’*, a comedy which is set in a theatrical boarding house in 1935 and which is written by local actor/writer **David Hampshire**.**

The cast will also feature *Royal Shakespeare Company* actress **Judy Buxton**. Judy’s extensive TV credits include playing Dennis Waterman’s wife Ruth in three series of the popular comedy *‘On the Up’*, *‘Lovejoy’*, *‘Bergerac’*, *‘Next of Kin’* and *‘Rising Damp’*. Two young local performers are also in the company; Eastbourne-raised **Georgia Bellett** who plays the central role of Sally, a maid, and Brighton-based actor

**Carl Lovejoy** who plays Sally’s ‘love-interest’ Charlie Prince, a song and dance man.

Following two sold-out London productions Dame Joanna Lumley calls *‘Funny Turns’* “A darling show which demonstrates the enduring qualities of the human spirit, namely love, hope and laughter.” Gyles Brandreth rates it as “A wonderful five star play; funny, touching, beautifully realized and full of heart and truth. It’s *The Good Companions* meets *The Entertainer* and it’s as good as *Priestley* and better than *Osborne*. Seriously.”

*‘Funny Turns’* runs at *The Grove Theatre, Eastbourne* (under Eastbourne library) from Tuesday 7th to Sunday 12th November at 7.30pm with matinees on the 11th and 12th.

Tickets are priced at £13.50, £11.50 and £9.50. For further information and to book please visit:

**[www.groveeastbourne.com/events/funny-turns-a-comedy](http://www.groveeastbourne.com/events/funny-turns-a-comedy)**



THE FAMILY FRIENDLY COMIC-CON STYLE EVENT  
AT THE WINTER GARDEN, EASTBOURNE

# WYNTERCON X



**CHRIS BARRIE**

**COLIN BAKER**



**ROSS MULLAN**

**CARLA MENDONCA**

**CLIVE MANTLE**



**SANDEEP MOHAN**

**JON CAMPLING**

**WYNTERCON.ORG**

**SATURDAY 14TH - SUNDAY 15TH  
OCTOBER 2023**

**WINTER GARDEN, COMPTON STREET, EASTBOURNE, BN21 4BP**



# ROYAL HIPPODROME THEATRE



Screaming Blue Murder  
Friday 6 October



Boot-Led-Zeppelin  
Saturday 7 October



Gary Delaney: Gary in Punderland  
Thursday 12 October



The Wonder of Stevie  
Friday 13 October



The Devout & Duran Duran  
Experience  
Saturday 14 October



Funny Girls - The Halloween  
Show  
Sunday 15 October



The Elton John Show  
Thursday 19 October



One Night of Adele Tribute  
Friday 20 October



The Drifters  
Saturday 21 October



Superstars of Wrestling  
Sunday 22 October



FastLove  
Friday 27 October



The Last Days of Disco  
Saturday 28 October

Box Office 01323 802020 | [royalhippodrome.com](http://royalhippodrome.com)  
106-114 Seaside Road, Eastbourne, BN21 3PF

# Silver Band concert

**ON Sunday 5th November, the *Eastbourne Silver Band* will be presenting its 12th Concert of Remembrance in *Our Lady of Ransom Church*, Grange Road at 2.30 pm.**

By **Gail McKay**

**These concerts, which first took place in 2011, are now part of the annual calendar in Eastbourne.**

The concert, as usual, will open with the parading of the Standards of H.M.Forces and the Torch of Remembrance and will continue with a celebration which, this year, will

include the part played by the Dam Busters Squadron during World War 2. The concert will close with a short period of Remembrance and reflection.

This is a free non-denominational ticketless event and all are welcome to attend. Light refreshments will be provided at the end of the afternoon and a voluntary collection will be taken in support of the SAFFA organisation and the Ukrainian Medical support work.

**EASTBOURNE SILVER BAND**  
 PRESENTS THE 12TH ANNUAL  
**CONCERT OF REMEMBRANCE**  
**SUNDAY 5TH NOVEMBER**  
 at 2.30 pm  
**OUR LADY OF RANSOM**  
**GRANGE ROAD EASTBOURNE**

*including*  
**PARADE OF HM FORCES STANDARDS**  
**THE ACT OF REMEMBRANCE**

LIGHT REFRESHMENTS PROVIDED FOLLOWING THE CONCERT

A VOLUNTARY COLLECTION FOR SSAFA AND UKRAINE



**B  
E  
I  
N  
G  
H  
U  
M  
A  
N**

Alexandro Merlo, Marianne Frank, Mal French, Yvonne Jones, Teshome D., Tomas Amare, Sally Grumbridge, Nick Hazzard, Esra Kizir Gokcen, Jenny Price, Lisa Kreuziger, Karina Lukasik, Helen Campbell, Adam Lucy, Shan Monteith Mann, Kirsty Taylor, Esperanza Perkins, Nicola Weir, Rosanna Piervittori, Renee Rilexie, Roberto Borra

Gallery 42  
 42 South St.  
 Eastbourne BN21 4XB

1 - 14 October  
 Tues - Sun: 12 - 6 pm

the artists' pool

# Stagg and Collins

**IN April 2021, we focused on an acoustic folk-rock duo who had just released their first EP called *Forever Later*.**

By **Peter Lindsey**

**Russ Collins from Eastbourne and Aaron Stagg from Leicester form Stagg and Collins and most of their music is based around 'hope, fear, loss and change.'**

Or as they put it: "These are songs from the city and songs from the sea."

Fast forward two years and the band has gone from strength to strength.

The pair have released two EPs online – *Forever, Later* and *The*

*Cinder Path*— with over 10 singles, and they have amassed more than 50,000 streams online.

They have played the Vintage Festival Eastbourne twice, have gigged across the UK including Leicester and London, and they opened *Chiddfest* in Chiddingfold to great acclaim.

They have a showcase gig in London, Hoxton in October, as well as confirmed slots at *Chiddfest 2024* and *Wick Street Festival 2024*.



Russ said: "We've also just been used on *Kilmarnock Football Clubs*' weekly round up of their performance on *YouTube* and their socials, which was a big coup for us.

"We remain independent as artists, unsigned, and will be recording and fine-tuning our first album in January 2024, for a planned July release, with hard copies, records and CDs as well as online.

"The exposure we received through *Bournefree* back in 2021 was monumental in moving us as a band

forward and getting known to a wider audience.

"Our new single is called *Sweet Company*. It's a live favourite and a staple of our performances — a singalong, hand-clapping flag swooping slice of classic S & C!"

**Bandcamp:** Music | Stagg & Collins ([bandcamp.com](http://bandcamp.com))

**Spotify:** Stagg & Collins

**Apple Music:** The Battle For Little Bohemia — Single by Stagg & Collins

## 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](http://themakersdirectory.co.uk)

### FEATURED ARTIST Jacky Misson

Jacky is an Artist and Curator working in several different mediums including paint, found objects and most recently stone.

Jacky says "Five years ago I visited an exhibition in the Cotswolds specialising in stone sculpture. What I saw there completely blew my mind. The forms and textures these artists were creating out of stone were like nothing I had seen before. There was a day workshop on stone carving which I booked myself on, and from that day on I have been completely hooked. I love it!"

The photos here show two of Jacky's sculptures, hand carved in Portland limestone, which is her favourite stone to carve. The other photo shows the various chisels, rifflers and mallets she uses. All work is done by hand, and her favourite tool is the point (pointed chisel) you can see in the front of the picture. The 'bobbly' sculpture was created solely using this tool.

Jacky lives and works in Meads, Eastbourne. She will also be taking part in this years Eastbourne Open Houses and Studios in November, she would love to hear from you.

[www.themakersdirectory.co.uk/directory/jacky-misson](http://www.themakersdirectory.co.uk/directory/jacky-misson)

[jacky@rise.uk.com](mailto:jacky@rise.uk.com)  
[www.jackymisson.com](http://www.jackymisson.com)  
@JackyMisson





# Join us for Freaky Fortnight

## 2 WEEKS OF SPOOKTACULAR FUN

We invite you all to our free Spook-tacular event at UpCountry!  
With a trail full of haunts and a patch full of pumpkins, along  
with a spooky snack shack bursting with treats, there's  
halloween fun to be had by all...if you dare!

**Spooky Trail**  
**Pumpkin Patch**  
**Decorations**  
**Tricks & Treats**



**FREE EVENT**

**OCT**  
**14 - 31**

UPCOUNTRY  
DITTONS ROAD  
STONE CROSS  
PEVENSEY  
BN24 5ET  
01323 488188

[www.upcountrystorehouse.com](http://www.upcountrystorehouse.com)





# Green and pleasant

**OCTOBER is definitely the time for clearing up – greenhouses, ponds, gutters and water butts may all need cleaning out. Wooden garden furniture will need covering or storing for the winter and terracotta pots may need bringing inside, so that they don't freeze and crack. Tuesday 31st October is Halloween, if you have children, you may have a go and creating lanterns from pumpkins purchased at the supermarket or perhaps you've grown some yourself! They look great displayed in the garden or by the front door. Alternatively, you could purchase some vibrantly coloured gourds, like those shown in the header and use decoratively around your home or garden.**

By **Geoff Stonebanks**

**The clocks go back on Sunday 29th October so be sure to set your clocks back one hour! For many, the gardening season stops, as the nights draw in, leaving much less time to work outside! Alternatively having to do much more in a shorter space of time. It's probably the latter that applies to me, as I always seem to find something that wants doing.**

## Falling leaves

Autumn is a beautiful season in the garden, with many perennials, shrubs and trees providing some

stunning colour. But once the leaves have fallen, they will need clearing up, especially from lawns, where they will smother the grass, and from paths and patios, where they may become slippery. It's also a good idea to remove leaves from gravel, otherwise it will become messy. You can make the sweeping and collection process a lot easier by using a combination of different tools and methods, but I favour doing it all by hand in my garden, due to its size and layout.

## Chrysanthemums

A very common plant to have in the garden at this time of year is the ever-popular chrysanthemum or "pot mum". They are perfect to

be placed in containers and bloom well into autumn and beyond. Care of container grown mums is relatively easy. You may want to repot it as soon as you get it home to give it room to grow. If you are careful and keep it well watered, you should be able to enjoy their blooms throughout the autumn months and possibly even the next spring. You can see a yellow one at *Driftwood* in the header.

## Charity fundraising at Driftwood

This year at *Driftwood*, I have been able to hand over £5081 to *Macmillan Cancer Support*, along with a further £801 to the *National Garden Scheme*. A grand total of £5,882.94 raised in 2023. Thank you to all those who visited and supported my charity fundraising, we'll do it all again in 2024 in June and July only.

## National Garden Scheme

October is the final month of the year to see gardens opening for the scheme. One on offer not far from Eastbourne, in Arlington, is the lovely *Bates Green Garden* in Tye Hill Road which will open the garden gate on Sunday 22nd October between 1030am to 4pm, with pre-booking essential, adult entry £6 and children £3. Autumn tones are provided in abundance by the many mature trees and shrubs within and around the farmhouse. The *Winter Garden* is positioned so that the low rays of sun make the most of the coloured leaves and stems of the many cornus, with bulbs and plants grown for interest. Tickets at [www.ngs.org.uk](http://www.ngs.org.uk)

## Grape vine

If, like me, you have a grape vine in the garden you've probably got a bit of a crop on it by now. I've

got two in my garden that are not really there to provide the fruit, as weather conditions can vary so much each year. I've used them as good cover for garden buildings, so fruit is a real bonus. This year there is a plentiful supply of grapes but they are all rather small, but have ripened nicely. In the past I have turned it into grape jelly which has gone down well. There would never be enough to make wine, but they can also be turned into a delicious drink.

## Trimming ivy

A job that I've been doing recently is to tidy the side entrance to the back garden. The fence is covered with ivy, a plant which I love. I'd rather see the ivy than a bare fence. However, it can be very vigorous, so needs cutting back a couple of times a year to make it more manageable and avoid fall outs with my neighbours, who are not so keen on it. This Summer it seems to have grown more than ever as it has taken a couple of days to really trim it back and then have a local company remove all the debris. It certainly makes a huge difference to the light coming into the kitchen window once completed and keeps my neighbours happy to boot!

Read more of Geoff's garden at: [www.driftwoodbysea.co.uk](http://www.driftwoodbysea.co.uk)

Geoff is a multi-award-winning garden owner, garden writer & broadcaster. *Driftwood* has appeared on BBC2 *Gardeners' World* and was a finalist in *Gardeners' World Magazine Best Small Space*. See the amazing 5-star reviews on TripAdvisor. Read all about Geoff's work for the community, appointment as a Coronation Champion and trips to Buckingham Palace including 2 Royal Garden Parties, in 2018 and 2023. Read the many published features on the garden in national, local and worldwide media, including TV.

# New Private Dentist and Implant Centre in Eastbourne

Our outstanding team of dentists and dental professionals can help with every aspect of your dental care.

Welcoming New Private Patients



## General Dental Care

Routine check-ups  
Hygiene visits  
Fillings



## Restorative Care

Dental implants  
Crowns and bridges  
Dentures



## Smile Make-overs

Tooth straightening  
Tooth whitening  
Teeth in a Day

Register Today! Call 01323 356066



EAST  
SUSSEX  
COLLEGE



Join us at our

# OPEN EVENTS!



SCAN THE QR  
CODE TO REGISTER!  
[WWW.ESCG.AC.UK](http://WWW.ESCG.AC.UK)

- **HASTINGS** (all campuses)  
5th October  
16th November
- **LEWES**  
12th October  
23rd November
- **EASTBOURNE**  
19th October  
30th November
- **NEWHAVEN**  
9th November

**4:30-7PM**

LAST ADMISSION AT 6:30PM

**# Why**

**Study**

**Anywhere**

**Else**



EAST SUSSEX COLLEGE