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09/23

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September 2023

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

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Airbourne must return in 2024

IT may seem a long time ago now but what a fantastic *Airbourne* we all enjoyed.

By **Peter Lindsey**

Never have we seen the town so packed, especially on the Saturday and Sunday.

It was pure magic and such great news for our traders.

Eastbourne Borough Council, however, has to make the figures add up and has not yet committed for 2024.

Quite simply, it has no choice, even if that means saving money in certain areas.

It would be absolute madness not to have *Airbourne* – and I'm sure the councillors realise that.

The politics in this town seems to get more interesting each time there is an election or by-election.

The Tories lost their seat in Meads, which also meant they lost overall control of *East Sussex County Council*.

A few years ago, it would have been unheard of to suggest the LibDems could win Meads.

Well, they did and there's no reason why they can't do the same again, albeit next time it may well be a General Election.

Caroline knows only too well she faces a massive uphill battle if she is to retain her seat.

All the polls indicate a LibDem victory for Josh.

But, as they say, a year is a long time in politics, and we could well be



Photo: Richard R Schunemann

voting around this time next year for a new government.

The summer is now all but over and, dare I say, we are now looking forward to Christmas.

September to December is a key time for many of our businesses, and at *Bournefree* we are pleased to be working with many of them.

Our readership of the printed version and our reach for the online one continue to soar.

We are reaching more and more people, which is great.

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

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East Beach Lunch Club

HEIDI Cowderoy is one very kind hotel owner in Eastbourne.

By **Peter Lindsey**

She has decided it is time to bring people together – especially those who may feel isolated since the pandemic.

She has launched a fortnightly Lunch Club at *The East Beach Hotel* on Eastbourne seafront.

The aim is not to make money – but simply to help other people.

“

We don't want people to feel lonely or isolated, and the club is a safe and smart environment.

First meeting

The first meeting was on August 9th when Heidi provided all the food free of charge as an introduction.

She said: “We really had a triumphant first meeting. I want to thank everyone who joined us for what was a very special occasion.

“It was a memorable first meeting, mainly due to the kind words and enthusiasm from everyone there.

“The food, the welcoming atmosphere and the chance to connect with old and new friends have set the tone for future meetings.”

Heidi has one lady guest who has been coming to the *East Beach* for 32 years.

Her husband died after a stroke and Heidi says “I adopted her like my own grandmother.”

Heidi said: “In this job, you see the very best and the very worst. There

are times of celebration and there are times when you are helping people who are homeless.

“As you grow older, you can become lonely. Your friends may have died and it becomes very hard.

“It's easy to talk about something, and I thought enough of the talking, let's do it.”

So the Lunch Club was formed.

Heidi's mum died in June and this also spurred her on to do something positive to help others.

She said: “It's all about connecting, meeting and talking. It breaks my heart when I hear people say they haven't spoken to anyone for days. Believe me, it does happen.

“We don't want people to feel lonely or isolated, and the club is a safe and smart environment.

Getting people together

“This is not about making money, it's about trying to get people together.

“The first lunch was free and if you book five then the sixth meal is free. We need to cover expenses nut nothing else.”

Michelle Cattroll was at the first meeting.

She said: “The food was fantastic, beautifully cooked and presented and great choices.

“The concept of the lunch club is to come along with or without friends as you're going to meet new ones after this fantastic event or meal.

“I highly recommend this. Thank you to Heidi for her hospitality and Sarah and the catering team who looked after us extremely well!”

The meetings are every fortnight. The cost is £15 for a two-course lunch or £17.50 for three courses.

Go to: www.eastbeachhotel.co.uk or pop into the hotel and ask at reception.

You can email: enquiries@eastbeachhotel.co.uk or call: **01323 731398**

Dog Friendly.

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Adult gymnastics success



BE... GYMNASTICS is a floor-based gymnastics and tumbling club based in Eastbourne, East Sussex. They run gymnastics classes for all ages.

By **Gail McKay**

Pat O'Farrell, Hannah Moon and Izzy Ablewhite competed at the Adult British Championships in Gymnastics in Lilleshall.

Pat (in his 50s) came 3rd in Mens Novice Tumbling (our clubs first national medal), 4th in Mens Artistic Gymnastics (Apparatus).

Hannah (in her 30s) came 9th in Women's Novice Tumble (out of 43) and she came 2nd in Womens

Intermediate Trampoline (upgrade from 3rd place last year) and competed in Women's Artistic Gymnastics (Apparatus) competing a new vault and tuck back off the beam dismount for the first time!

Izzy (in her 20s) competed for the first ever time after only doing gymnastics for 3 months and successfully competed her new skill of a forwards handspring!

Be... Gymnastics is a community interest company (CIC) and therefore not-for-profit. They focus on providing the local community with a fun, safe and progressive environment where all individuals have the opportunity to grow, meet their potential and build confidence whether that be as a gymnast, coach or young leader.

www.begymnastics.co.uk

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Seafront Soapbox Race is back

SEPTEMBER sees the return of the popular *Seafront Soapbox Race* after two successful years!

By **Peter Lindsey**

Participants are encouraged to build their own soapbox in order to race each other along the seafront.

The race will take place on Dukes Drive and finish at Helen Gardens on September 24th.

Spectators are able to watch these wacky creations as they hilariously whizz around corners with the hope of staying in one piece by the time they reach the finish line!

Cash prizes will be up for grabs for the fastest soap box and the wackiest creation.

Calling all spectators! You will be delighted to know this is a free to watch event and the day is sure to be a great spectacle.

The course is just under 350m long and will contain various jumps, crazy bends and hay-bale chicanes, not to mention the wacky outfits and soapboxes on display!

Soapbox vehicle entries are now open, limited spaces are available so enter now to avoid disappointment.

For information go to: www.eastbourneevents.org/products/eastbourne-seafront-soapbox-race-2023



We look forward to welcoming you to our **2023 OPEN EVENING EVENT & OPEN MORNINGS**

OPEN EVENING EVENT

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(NO NEED TO BOOK, EVERYONE WELCOME)

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(BOOKING SLOTS AND FURTHER DETAILS WILL BE AVAILABLE FROM BEGINNING OF SEPTEMBER. CALL OUR RECEPTIONIST, KAYLEIGH, ON 01323 504011.

A BOOKING LINK WILL ALSO BE AVAILABLE ON OUR WEBSITE BELOW.

www.ratton.co.uk

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www.ratton.co.uk/contact-us/virtual-tour

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CHECK OUT OUR SCHOOL SOCIAL MEDIA PAGES HERE



These will offer you an insight into the culture we promote here at Ratton and showcase the many achievements of our students (including sporting, performing arts, extra-curricular, and much more).

How our Open Evening Event / Morning Tours work

Arrive through Ratton Reception for your allotted time (no earlier please). Parking available along Park Avenue, also available via the Park Lane entrance (back of the school) on our playgrounds. Make your way to the registration desk ready to collect your child's gift bag and meet staff and students' who will guide you throughout the event/tour. The evening event will include classroom tours, meet/greet our teachers and staff, talks from our Headteacher and Executive Headteacher, along with the opportunity of meeting some of our #TeamRatton students who will be on hand to assist throughout.

We look forward to welcoming your family to **#TeamRatton** very soon and hope we can work with you and your child to **#AchieveTogether** as they continue their journey into secondary education.



Join the Big Beach Clean

EVERY year thousands of people join the Marine Conservation Society's BIG BEACH CLEAN recording the litter they find.

By **Gail McKay**

The data is vital for their campaign to influence government and industry to take action to reduce ocean pollution.

There will be four meeting points:

- The Holywell Tea Chalet.
- The Wishtower.
- The Beach Deck Café.
- Harbour Reach.

At each location, *Plastic Free Eastbourne* will hold a Safety Briefing for volunteers. A litter bag and litter pickers will be for sale for £5, but you can bring your own.

You will be asked to fill out a survey run by the *Marine Conservation Society*.

Plastic Free Eastbourne will also ask you to let them know how many plastic bottles you find.

"It would be really useful, so that an assessment can be made about the success of the *Plastic Free Eastbourne* campaign," asks Oliver Sterno, Plastic Free Community Leader.

Ray Jarvis, also from *Plastic Free Eastbourne* urges as many people as possible take part. "As we have recently had the *Airbourne* event it is likely a lot of debris has been left behind by visitors. Environment First have carried out a sterling job with a clean up along with some volunteers to help, including staff from *McDonalds*. However it is likely that some items have entered the sea and will be washed ashore again."

This event is taking place on Sunday 24th September along Eastbourne's Seafont at 2pm.

For further info see their facebook page, or email Oliver Sterno plasticfreeeastbourne@gmail.com or call **07971 909454**



Charity reaches out to families

EASTBOURNE Foodbank has reached out to every family with school-aged children in the town to help prevent households reaching financial crisis.

By **Juliet Mead**

Parents across Eastbourne will have received an *Eastbourne Foodbank* leaflet in their child's book bag or rucksack before the schools broke up for the summer holidays.

The leaflet signposts to local support agencies and organisations in the town who can provide long-term sustainable measures to ease the strain of the cost of living crisis and prevent people from having to resort to emergency food parcels donated by the public.

Eastbourne Foodbank has worked with 24 schools in total. Primary, secondary and special schools have all been involved in the community work and more than 10,000 leaflets have been distributed to families via schools.

Jess Holliday, campaigns and communications manager, said: "We are very keen to work with our partners in the community to signpost families to support services before they reach crisis point.

"We know the schools in Eastbourne do a brilliant job in supporting

families and we would like to thank them for their support with this work. We are delighted to be working collaboratively. Together, we can make a difference.

"No one wants to visit a foodbank and this work with schools is about preventing people from having to do so.

"It is about highlighting the other support locally, so that people can find long-term solutions. Food banks are a last resort and only provide a short-term fix. Our work is all about lifting people up and out of needing food parcels."

The foodbank worked in partnership with Eastbourne business *Fieldskill* to get the information out to the schools.

A *Fieldskill* spokesperson said: "Fieldskill is committed to giving back to the local community that has supported us so much. We recently donated cardboard boxes to the foodbank, a vital resource for many families in our area.

"We are proud to have contributed to this important project, and we are committed to finding other ways to give back to our community in the future."



Hyper cosplay sponsorship

EASTBOURNE-BASED Full Fibre broadband network operator and Internet Service Provider (ISP) *Lightning Fibre* will sponsor the Cosplay Hall and Cosplay Competition at *Wyntercon X*.

By **Peter Lindsey**

***Lightning Fibre's* Sales and Marketing Director Rob Reaks was joined by a Dalek, supplied by local firm Media Attention, Paul Spink of Media Attention, Harry Potter actor Jon Campling and Wyntercon Founder, Andy Kybett at *The Winter Garden*, Eastbourne to celebrate the sponsorship announcement.**

Wyntercon X is a family-friendly 'comic con' taking place at Eastbourne's *Winter Garden* on 14th and 15th October.

Lightning Fibre are finalists in the Best Consumer ISP – with fewer than 50k customers category, sponsored by *City Fibre*, and *Best Customer Experience*.



Andy Kybett, Jon Campling, Paul Spink and Rob Reaks.

The *Internet Services Provider's Association (ISPA UK)* celebrates its 25th anniversary of the *ISPA Awards* this year.

2023 has seen a major transition in focus for the sector, build has moved at pace and market consolidation is increasing.

The winners will be announced on November 9th.

Stefan Stanislawski is the new, interim Chief Executive Officer at *Lightning Fibre*.

He said: "*Lightning Fibre* is a well-established company, with a strong brand, and I am excited to take on this role and confident I can help *Lightning Fibre* build on its success thus far."



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Party time for popular social group

A SOCIAL group formed during the Pandemic is staging a party to celebrate its third anniversary.

By **Peter Lindsey**

Caroline Smith's East Sussex Social Friends Meets Ups is holding the celebration on September 24th at the Red Lion in Stone Cross.

Caroline wants as many people to attend as possible. Entrance is free, and a raffle will be raising funds for *St Wilfrid's Hospice* and the *Friends of Eastbourne Hospital*.

The group was formed with the sole purpose of offering the chance to meet new people, make new friends and enjoy a range of fun-filled events.

It tries to support Live Music in and around Eastbourne.

Caroline said: "By doing that, we are not only bringing together members but also supporting establishments and live music.

"The original aim during Covid was that members could interact with each

other by Zoom and messages on the group's wall.

"Then, when time allowed, it's about meeting up with others and events being held to bring people together.

"It's a diverse group of women, from all walks of life, with different backgrounds and interests, but what unites us is our love of socialising and having fun.

"So, whether you're looking to expand your social circle, try new experiences, or just have a good time, you've come to the right place."

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Walking again for charity

COME October 24th and John Wilton will have walked an incredible 50 miles for charity.

By **Peter Lindsey**

On March 9th this year. John Wilton, 81, was transferred from the DGH to St Thomas' Hospital in London.

He needed an urgent heart operation and his surgeon later told him he was lucky to be alive. He had to learn to walk again.

One mile a day

Forward five months and John is now walking 50 miles for a charity very close to his heart. He's walking one mile a day.

World Polio Day is 24th October – and John is raising money for the *Rotary International* effort to eradicate polio.

John is an experienced Rotarian and three days of his walk will be October, 20th, 21st and 22nd.

That's when more than one thousand Rotarians will be coming to Eastbourne for their annual Conference.

Very positive

John said: "I may be 81 but I feel incredibly well. I'm a very proactive person and want to do something very positive.

"I live in East Dean and walking from *Sheppard's* in the village to the Cricket Club and back is one mile. That's my starting point.

"But come rain or shine, by October 24th, I will have walked 50 miles – and I am urging others to support me too.

"Polio eradication is a wonderful cause, and that is where every penny I raise will go."

John and wife Liz are both members of *Eastbourne AM Rotary Club*. John is a former District Governor and schoolmaster at *St Andrew's School*.



John said: "After my operation, I had to learn to walk again, first with a wheelchair, then a pusher, then with two sticks, then one, and then unaided.

"I feel highly motivated to take on this challenge, and for such a wonderful cause."

To contact John – and join him on one of his daily walks – email: johnpwilton@btinternet.com

Artisan Market is growing and growing

IT is proving incredibly popular – and now it is expanding...

By **Peter Lindsey**

The Artisan Market – on the first floor of Maybugs in Eastbourne Town Centre – opened in July.

It is so successful that it is expanding in size at the end of September.

And bookings are now being taken until the end of the year.

Greg Rose from *Maybugs* said: "We want to give a little shout out to all our market traders who have been with us since the opening.

"We also want to thank everyone who has visited and made it the success it has become.

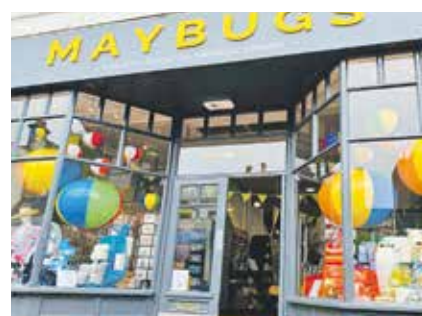
"It's completely free for any local producers to take a pitch, and we do not take commission either.

"All we ask is that you staff your pitch for at least 50 per cent of the time the market is open.

"We require a £50 returnable deposit to book your space due to no shows."

There is limited space available for the rest of 2023.

If you are interested, email: market@maybugs.co.uk



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Polegate's community heroes

POLEGATE Community Foundation has hosted the very first *Pride of Polegate Awards 2023*.

By **Peter Lindsey**

The ceremony took place at **Sycamore Grove Care Home in Stone Cross.**

Here are the winners:

Volunteer of the Year –
Sue Barber

Fundraiser of the Year –
Stephen Kelly



Young Volunteer of the Year –
Alex Creasy

Teacher of the Year –
Jade Dicerbo

Support Worker of the Year –
Jane Williams

Community Champion of the Year –
Rachel Keen

Sporting Champion of the Year –
Nick Underdown

Nathan Dunbar hosted the event and presented two charities – *Holding*

Space and Eastbourne Lifeboats – with £397.46.

£794.92 was the total amount raised from the recent *Sussex Downs Scarecrow Festival* and *Community Summer Fun Day*.



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Why Millie's Nightclub is so important

MILLIE'S Nightclub for disabled adults operates monthly in both Hastings and Eastbourne.

By **Peter Lindsey**

Millie Rowlands explains why the nightclubs were set up and how they serve disabled adults.

"I originally got the idea to set up a nightclub for adults with disabilities

from my younger sister who has cerebral palsy.

"As she became an adult, she became more frustrated by people of her age going out at night, having a



few drinks, having fun, and dancing, which are all things that she felt unsafe to do.

"I took my sister to a normal nightclub but she found that difficult to cope with so being her older sister and working in the disability field, I saw there was a great potential to create a safe environment for all people with disabilities to experience a nightclub environment, and have the freedom and choice to do as others do.

"It was set up on the spur of the moment. I had no idea about funding or sponsorship at the time.

"But such has been the success of the nightclub in Hastings that I have opened one in Eastbourne at the *Chaseley Trust*.

"Both clubs meet once a month and the minimum age for entry is 18.

"The Hastings venue has around 150 people attending and with carers

sometimes in excess of 200, whilst the Eastbourne venue has between 40 and 60 people.

"At the same time as making sure that the customers have fun, I am also trying to encourage independence, which is why we charge a small entry fee, and encourage the venues that they use not to alter their bar prices.

"Carers go free.


"I employ two resident DJs, both with disabilities, who do a fantastic job of keeping the music flowing and the dancers going, and other staff to help out.

"Apart from the normal disco, we occasionally have a live band, a local group performance, a themed night and even karaoke!

"I am looking to expand as well."

For more information please email: contact-us@millies-nightclub.co.uk





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Have a feastive Christmas time

NEW plans announced for this years **Eastbourne Christmas Victorian Market.**

By **Harry Farmer**

Festive Events and Your Eastbourne BID have revealed plans for Eastbourne's Victorian Christmas Market, running from Thursday 7th to Sunday 10th December 2023.

Temporarily pedestrianising Terminus Road and Bolton Road during these festive events. *Eastbourne's Victorian Christmas Market* will be open from 10am to 6pm.

This year will see some very exciting changes to Eastbourne's annual Christmas Market, which will include An Inspired Angel Parade – Attempting to break the current World Record! Carol Singers, A Bavarian Bar, Mulled Wine & Cider, Live Music, Food Stalls, Stilt Walkers, Circus Acts... plus all vendors will be dressed in their traditional Victorian and Steampunk clothes.

For trader enquiries please visit www.festive.events or contact luke@youreastbournebid.com to register your interest in being part of this years *Eastbourne's Victorian Christmas Market*.

Lightning Fibre's Ice Rink
Tickets are now on sale for *Lightning Fibre's Ice Rink*, opening on Saturday 9th December until Sunday 31st December.

See visiteastbournetickets.co.uk for more details.

Lightning Fibre's Ice Rink will be located under a massive marquee located outside between *The Enterprise Shopping Centre* and *Eastbourne Train Station*, There will be an opportunity for children

to come and experience Santa's Christmas Grotto! Plus everyone's favourite – The famous *Tipsy Toadstool bar* will be serving you all your favourite drinks, along with pop up street food traders for you to try!

Ice skating sessions will run daily from Saturday 9th to Sunday 31st December 2023, 10am to 10pm. Tickets are now on sale at

www.visiteastbourneticket.co.uk

Book now for your family skating session, group bookings and for your office Christmas parties.

To hire *Lightning Fibre's Ice Rink* for a private event please contact info@festive.events

"We're thrilled to take on the management of *Lightning Fibre's Ice Rink* and have plenty of new exciting ideas for this event" said Dave Richardson, one of the Directors of *Festive Events*.

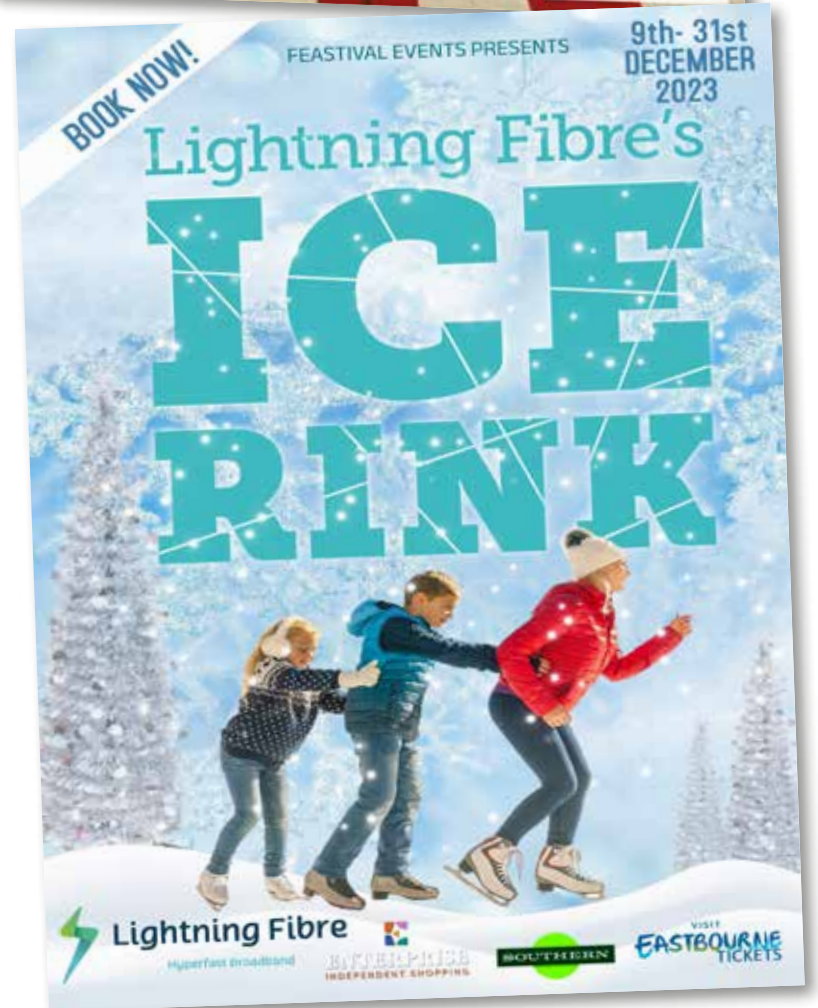
"We look forward to collaborating with new and existing partners to develop and deliver this outdoor event successfully.

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

To buy tickets please visit www.visiteastbourneticket.co.uk

For more information please visit www.festive.events

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40% Our Commission

£2000 - £4,999
70-30
Items priced between £2000 - £4,999
70% Your Earnings
30% Our Commission



PIER 2 PEER SUCCESS



WOMEN'S charity raises over £5,000 in inspiring annual coastal fundraising event.

By **Gail McKay**

Despite the challenging weather conditions courtesy of Storm Antoni, WayfinderWoman successfully organised their annual fundraising walk, run, and cycle event along the breathtaking coastline between Eastbourne and Hastings Piers.

The event, held on 5th August, not only demonstrated the unyielding determination of the 35 plus

participants but also showcased their collective commitment to helping women in need.

Braving the elements, participants set out with unwavering resolve, navigating the coastal path with smiles on their faces. The torrential rain and gusty winds failed to dampen the spirits of these dedicated individuals who walked in support of their belief in a very worthy cause.

Success

The event proved to be a remarkable success, raising an impressive total of over £5,000. These essential funds will directly contribute to Wayfinderwoman's noble mission of supporting women who are facing various challenges by providing them with the necessary resources, guidance, and confidence to rebuild their lives.

Grateful

"Despite the adverse weather conditions, the resilience and enthusiasm displayed by our participants was truly inspiring. Their determination echoes the strength of the women we aim to assist, and we are profoundly grateful for their

unwavering support, as well as that of our headline sponsor, *Mark Bishop Ltd* and our other sponsors without whom the event wouldn't be possible."

With the success of this year's event, *WayfinderWoman* is already looking forward to next year's annual coastal fundraising event, on the 27th July 2024, and look forward to welcoming even more participants to join the cause and make a difference.

For more information about *WayfinderWoman* and their initiatives, please visit: www.wayfinderwoman.com or contact Sarah at sarah@wayfinderwoman.com



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VOLUME 4	£17.00	£35.00	£55.00	£85.00
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Door shuts cleaned	✓	✓	✓	✓
Exterior plastics conditioned		✓ Express Wax*	✓ Radian wax polish*	✓ Coat II*
Exterior body treatment <i>Upgrades Available</i>				
Interior glass cleaned		✓	✓	✓
Upholstery, carpets & boot vacuumed		✓	✓	✓
Rubber floor mats washed		✓	✓	✓
Dashboard & internal plastics cleaned		✓	✓	✓
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Ultra high definition wax (The ultimate finish and protection for your paintwork)	£40-£60



To pre-book a slot, give them a call on: 07459 324230.



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



Help people like Debby 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.



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St Wilfrid's Hospice

Prestigious Brighton & Hove Albion award



David pictured with Tony Bloom, chairman of Brighton and Hove Albion Football Club at the Player's Awards.



David at home proudly holding his award.

EASTBOURNE resident David Bennett has been awarded the Brighton & Hove Albion Foundation Award at this year's Player's Awards.

By **Peter Lindsey**

David, who also celebrated his 39th birthday in August, has Down's Syndrome and is an avid football player and supporter.

He received the Award for 'brightening up the Club's programme' having attended the Foundation's disability programme for 25 years.

According to mum, Maureen Bennett, "He's always been a ball of energy and loved football, so these training

sessions have been amazing for him. They've helped him develop his football, social skills and so much more. My late husband, Cliff, took him along every week and would be so proud of this Award, as all the family are."

The Foundation is the official charity of Brighton & Hove Albion. Formerly known as AITC (Albion in the Community), it provides educational and outreach programmes including training sessions for people with disabilities.

The Award was presented at the Club's annual Player's Awards event among 400+ guests at the *AMEX Stadium* on 1st August.

To find out more about The Foundation, visit bhafcfoundation.org.uk

Or find it on Facebook **@BHAFC**

There is also a video on the Official B&HA FC YouTube channel: https://www.youtube.com/watch?v=_vjpTORAKkA



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Digital sector is in the spotlight at first-ever showcase event

Friday 22nd September 2023 at the Welcome Building

The first DigiFest will celebrate Eastbourne's flourishing digital community and will take place in the Welcome Building 22nd September.

Whilst Eastbourne rightly has a reputation for world-class hospitality and tourism, the town is also blazing a trail of innovation and creativity. DigiFest, a new event that takes place this September, will champion Eastbourne's thriving digital and creative industries.

Eastbourne was once famously labelled 'God's Waiting Room', but a renaissance in recent years has seen the town build a reputation for culture and innovation. This year alone, Eastbourne launched a world-class virtual film studio in the Winter Garden, rolled-out the fastest broadband provision in the Southeast, and is hosting the world's most prestigious award for contemporary art, the Turner Prize.

With so much transformation happening on the Sunshine Coast, Eastbourne's digital businesses are coming together in a brand-new event that aims to put Eastbourne on the map as the best place in the UK to live, work and play.

The first DigiFest, which takes place in the welcome Building on Friday 22nd September, will feature exhibits from local digital businesses and educational organisations, as well as talks and workshops aimed at increasing awareness, recruitment and investment in digital industries locally.



Tickets for this year's DigiFest are on sale now, and the event is open to anyone- whether an expert in the digital field, or a relative newcomer wishing to find out more about employment opportunities in our town. DigiFest will be invaluable to those looking to work in the digital sector, people who want to find out how to grow their business by embracing digital opportunities and employers looking to attract digital talent to the town.

As DigiFest organiser Sarah Cronk explained "Eastbourne DigiFest is not just about celebrating the

thriving digital sector in our town, but also about supporting its growth and contributing to the local economy.

"Our aim is to establish Digital as a third sector after Hospitality and Tourism, and to create more employment opportunities and innovative businesses in the area."

Josh Babarinde, local entrepreneur and Parliamentary Spokesman of the Eastbourne and Willingdon Liberal Democrats on DigiFest: "Packed full of energy and ideas, DigiFest will well and truly prove



that Eastbourne is on the up and at the forefront of the economy's growing digital sector."

You can book tickets and find for more information at www.eastbournedigifest.com

New members for August

Royal Eastbourne Golf Club • Christopher Field - Independent Celebrant • Club Class Insurance Services • Raystede • The Belgian Café Eastbourne

New General Manager at The Beacon gears up for a busy summer

The Beacon Centre in Eastbourne has a new General Manager. Mark Powell moves from Operations Manager into the top job bringing with him decades of experience working in shopping centres around the country.

Mark takes over the running of the centre at an exciting time, with new retailers coming into The Beacon, Airbourne boosting visitor numbers in August and new audiences as The Turner Prize awards ceremony comes to Eastbourne in December for the first time.

"The Centre is seeing major growth, as national and independent retailers see the value of setting up in our fantastic town," Mark said. *"Add to that a packed summer programme for the town and a huge boost to our thriving arts community through The Turner Prize programme, and I predict*

Eastbourne will be one of the top coastal attractions this year."

The first-floor food and leisure offer adds burgers and pizza to its fantastic range of venues. Chuck & Blade burger restaurant and Square Peg Pizzas opening soon and will hit the ground running. On the ground floor, travel agents and cruise specialists Fred. Olsen have just opened their doors, while doughnut specialists Krispy Kreme have taken up residency in the mall near Bruford's. A short walk along the mall to FOUNDRY, and vegan and vegetarian food offer Forge & Fuel sits at the front of the ground floor entrance.

"Taking over the Centre at such a busy time has been amazing," Mark continued. *"I have a superb management team to support me, and we are really looking forward to a busy summer."*

Art at The Beacon

The Beacon has been working closely with the arts and crafts community, and along with DISC Dementia carers group by offering them a secure base to operate from.

The Centre has also linked up with six primary schools in Eastbourne who are displaying their artwork of times and areas in and around Eastbourne. This is currently being displayed opposite the Tui travel agents entrance point.

"We place a huge emphasis on social value" Mark explained. *"We want to collaborate with different sectors and age groups to support where possible. We have a strong relationship with Compass Arts, who have seen a tremendous growth in new members."*

"Compass Arts challenge perceptions around trauma, mental

health and health inequalities by representing artists with these lived experiences," Mark said.

In October and November, Mark and his team will be hosting an array of artists across the shopping centre, with Eastbourne artist Judith Alder being the first guest. You can find out more about Judith's work via the Beacon's digital series 'Creatives by the Coast' and on Instagram: @thebeaconeastbourne

Judith has a fascination with biology, physics and the history of scientific endeavour and science fiction, so be prepared!

The Turner Prize coming to The Towner in Eastbourne is such great news for the town, Mark added. *"We want to play our part and help local artists raise their profile in the run-up to the ceremony."*

Local charity golf day raises over £7,000

You Raise Me Up, a charity supporting bereaved families in Sussex and Kent has raised £7,264.61 at this year's Charity Golf Day. The event, held at Wellshurst Golf Club, gave members, donors and families who use the charity the opportunity to meet up and celebrate the work of the charity, whilst engaging in a little friendly competition, courtesy of a golf tournament organised by the Eastbourne Round Table.

You Raise Me Up raises money to support families who have suffered the loss of a young person aged

16-25 years. Set up in 2011 by the late Jane Brooks and her husband Fraser, You Raise Me Up was formed in response to the tragic loss of their daughter, Megan.

The charity employs trained, experienced counsellors, including specialists in child and adolescent counselling to provide compassion, support and understanding to families who are suffering the loss of a young loved-one. You Raise Me Up also runs a support centre and monthly group support sessions, helping connect people in times of loss and providing a vital opportunity to share experiences.

The money raised at the Golf Day will make a real impact for the charity, helping to fund their men's and women's support groups for a year.

Lesley, the charity's Fundraiser said *"We are beyond grateful for the support we have had at our annual Golf Days over the years, and we can't thank you enough for continuing to show that support to You Raise Me Up. The amount raised this year is incredible, our highest amount to date. It will help so many local families."*



The immediate past Chairman, George Message (pictured) and current Chairman Luke Shevels presented the cheque to Lesley at the Support Centre and Community Café in Polegate.

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!

Heritage Open Days

THIS year's Heritage Open Days are taking place between 8th–17th September.

By **Peter Lindsey**

Here are some of the local ones.

For all East Sussex listings, go to www.heritageopendays.org.uk

Creativity on the Downs with Changing Chalk

The Lane, Butts Lane, Eastbourne
Explore creativity on the Downs

at Butts Brow this September. On 16th September join the *Changing Chalk Partnership*.

Eastbourne Heritage Centre The Tower House, 2 Carlisle Road, Eastbourne

Original maps, images, artefacts, and films tell the story of how Eastbourne



Alfriston Clergy House.

was created as a new South coast town in the 1850s.

Motcombe Gardens Motcombe Gardens, Motcombe Lane, Eastbourne

Opening especially for *Heritage Open Days*, explore the inside of this historic Dovecote and learn about the history of one Eastbourne's most important Medieval farms.

Motcombe Meander Motcombe Gardens, Motcombe Lane, Eastbourne

This walk starts at the medieval dovecote inside Motcombe Gardens which will be open by 'The Friends of Motcombe Gardens' for inspection.

Ocklynge Cemetery Walk Ocklynge Cemetery, Eldon Road entrance, Eastbourne

The tour will include a history of burial in Eastbourne and of the cemetery and also explain some of the symbolism shown on gravestones.

Sir Charles Lucas and his heritage

Lockwood, Compton Place Road, Eastbourne

View portraits by Dobson, Lely, Lawrence, Reynolds and other paintings and objects entrained in the history of Sir Charles Lucas (1613-1648) and the subsequent descent of his posthumous title.

Wilmington Priory: a Benedictine sanctuary overlooked by the Long Man of Wilmington

Wilmington, Eastbourne

Wilmington Priory began as an outpost of the Benedictine Abbey at Grestain in Normandy.

Mint House

The Mint House, High Street, Pevensey

This large, enigmatic building deceptively extends far beyond its view from the street

Alfriston Clergy House

Alfriston Clergy House, The Tye, Alfriston

Alfriston Clergy House was built between 1399 and 1407 it is a rare surviving example of a Wealden hall-house.

Polegate Windmill Museum

Polegate Windmill, Park Croft, Polegate

Visit the museum and gain an insight into the ongoing restoration of the Mill before it is open fully once again to visitors.

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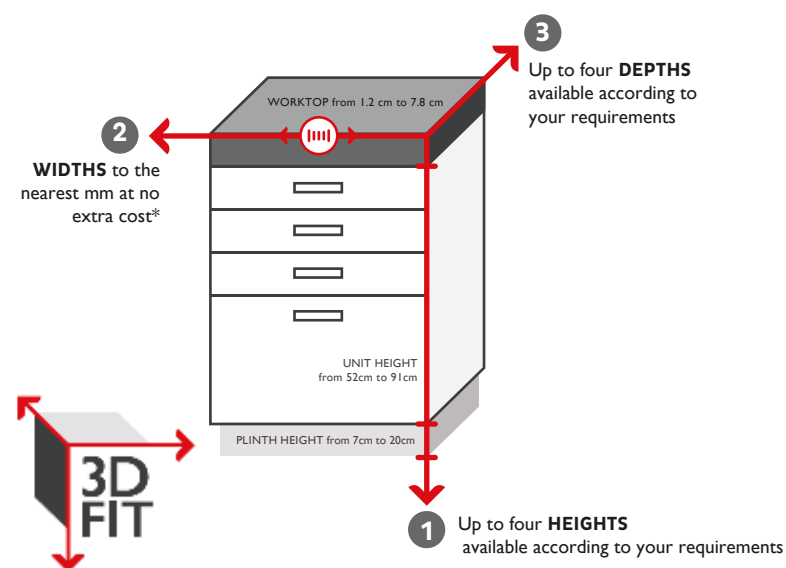
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SCAN ME



The Walk of the town



EASTBOURNE Walking Festival is a ten day celebration of the great outdoors. The event acts as a springboard to promoting the health and wellbeing benefits of discovering walking as a way of life.

By **Gail McKay**

The festival is curated to provide something for all ages and abilities. It is designed to introduce and inspire visitors and residents of Eastbourne to the incredible trails, paths, and stories throughout this Victorian town that is nestled right at the gateway to the South Downs National Park.

Here is a list of guided walks. You can get details of self guided walks too, on the website at www.visiteastbourne.com/walking-festival. You can also check the difficulty level online.

South Downs Way – linear bus walk

Start: 15th September 2023 – 09:30
Start: 22nd September 2023 – 09:30
Gildredge Road Bus Stop 1G.

Ten Downland Birds and Butterflies

Start: 15th September 2023 – 10:00
Start: 19th September 2023 – 10:00
East Dean and Friston Village Hall car park.

The Story of a Town around the Downs

Start: 15th September 2023 – 10:00
Butts Brow.

'The wind it did whistle and the waters did roar' Music at Beachy Head

Start: 15th September 2023 – 10:30
Start: 17th September 2023 – 10:30
The Kiosk.

Historic Meads Walk

Start: 15th September 2023 – 14:00
Start: 21st September 2023 – 14:00
Thatched Tea Chalet, Helen Garden.

East Dean and her 4 Sisters

Start: 16th September 2023 – 09:30
12X bus stop.

Village Hop

Start: 16th September 2023 – 10:00
Berwick (Sussex) (BRK).

Instepp, Walking with Resistance

Start: 16th September 2023 – 10:00
Start: 17th September 2023 – 10:00
Start: 24th September 2023 – 10:00
Friston Church.

Discovering the Devonshire Quarter

Start: 16th September 2023 – 11:00
Start: 22nd September 2023 – 17:00
Welcome Building.

Nordic Walking Taster

Start: 16th September 2023 – 14:30
Start: 23rd September 2023 – 11:30
Pevensy Castle.

10ish Miles for 10 Years

Start: 17th September 2023 – 09:15
Gildredge Road Bus Stop 1G.

Imagine a River

Start: 17th September 2023 – 10:00
Next – town centre.

In the Footsteps of Kings

Start: 17th September 2023 – 11:00
Pevensy Castle.

Seahouses History Tour

Start: 17th September 2023 – 14:30
Start: 24th September 2023 – 14:30
Leaf Hall Community Arts Centre.

The Performance Path (Long Route)

Start: 17th September 2023 – 16:30
Start: 22nd September 2023 – 10:00
Printers Playhouse.

The Performance Path (Short Route)

Start: 24th September 2023 – 11:00
Italian Gardens.

Highlights of Sussex Coast and South Downs

Start: 18th September 2023 – 10:00
Start: 21st September 2023 – 10:00
YHA Eastbourne.

Donkey Hollow

Start: 18th September 2023 – 10:00
Chalk Farm.

Hilly & Happy Hike!

Start: 18th September 2023 – 10:30
Start: 21st September 2023 – 10:30
East Dean and Friston Village Hall car park.

In the steps of Mary Ann Gilbert

Start: 19th September 2023 – 10:30
Thatched Tea Chalet, Helen Garden

Hellingly Chiddingly Circular Walk

Start: 19th September 2023 – 11:00
Start: 21st September 2023 – 11:00
Hellingly Trail Car & Horse Box Park.

Walk the Chalk (in partnership with Walk the Chalk Festival)

Start: 20th September 2023 – 09:15
Start: 23rd September 2023 – 09:20
Gildredge Road Bus Stop 1G.

Arlington Reservoir to Upper Dicker

Start: 20th September 2023 – 10:00
Arlington Reservoir car park.

The 10 Church Seafront Walk

Start: 20th September 2023 – 10:30
Start: 23rd September 2023 – 10:30
Eastbourne Pier.

Chalk Farm Ancient Mounds and Archaic Grassland

Start: 20th September 2023 – 13:00
Butts Brow.

Arlington Reservoir to Upper Dicker

Start: 22nd September 2023 – 10:00
Arlington Reservoir car park.

Friston Forest and The Long Man

Start: 23rd September 2023 – 10:00
Seven Sisters Country Park – Visitor Centre.

Admiring Paradise – 10 years on

Start: 23rd September 2023 – 10:30
The Lamb Inn.

Butts Brow Circular

Start: 23rd September 2023 – 10:30
Butts Brow.

Exploring 10 of Eastbourne's pubs

Start: 24th September 2023 – 10:00
Start: 23rd September 2023 – 10:00
The Eagle.

Downland Ramble

Start: 24th September 2023 – 10:00
Eastbourne Downs Golf Club.

Eastbourne Promenade Walk

Start: 24th September 2023 – 11:00
Eastbourne Lifeboat Museum.

All walks are free, but you must book.

www.visiteastbourne.com/walking-festival

www.eastbournewalkingfestival.onlineticketseller.com/

Eastbourne
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The Chaseley Trust

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



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

We offer residents:

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

We offer staff:

- Comprehensive in-house training
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- Rewarding work
- Career development
- Rolling Rota
- Benefits include free health scheme and life insurance cover

We offer the community:

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

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





Chaseley's Airbourne business lunch

PERFECTLY situated at South Cliff, Eastbourne – *The Chaseley Trust's Airbourne Business Lunch* was a great success.

By **Nic Gray**

Our corporate supporters attended a fantastic afternoon in our gardens.

The Chaseley Trust is fortunate to have some great businesses supporting us, so on Thursday 17th August we put on a special event in celebration of our corporate supporters and the start of *Airbourne*.

Our beautiful gardens were once again enjoyed where we set up

a delicious table of food with ploughman's, snacks, scotch eggs and the favourite of the day, some scrumptious sausage rolls!

We couldn't have picked a better time for the event as the sun beamed down and brightened up our day.

It was great to see everyone enjoying themselves and we were fortunate enough to see some of the *Airbourne* displays too.

We would like to take this opportunity to thank *Watson Associates, Ancells Sales & Lettings, Cloud Voice & Data, Heringtons Solicitors* and *Copylink Limited* for all their support, we hope you had a wonderful day with us at *The Chaseley Trust* and we look forward to welcoming you back again very soon.

"Thank you so much for a lovely afternoon. Still thinking about those sausage rolls." – Kelly Ancell, *Ancells Sales & Lettings*.

"Was such a lovely afternoon, great people amazing food and such a good view of the planes. Always good to support our customers in any way we can.

"Thanks Martin and Emma." – Holly Chapman, *Cloud Voice & Data*.

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



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.

28 hours of non-stop radio

RYAN Milns from Eastbourne has been suffering from a rare auto immune disease since 2017 and suffered a major stroke in 2019 at the age of 39.

By **Peter Lindsey**

Part of his care was undertaken by St Wilfrid's Hospice and he wanted to be able to give something back.

So he hosted a radio show for 28-hours non-stop, raising more than £2,000 for the hospice.

He said: "Back in 2020, through Covid lockdown, I was unable to leave the house due to being classified as clinically vulnerable.

24 radio stations in 24 hours
This meant that I was also unable to present my daily radio show. I



came up with the idea back then to become the first radio presenter to present on 24 radio stations in 24 hours, which I achieved.

Something bigger

After speaking to some of the team at *Ashdown Radio*, we collectively agreed that it was time to do something bigger for *St Wilfrid's Hospice* and the rest is history!

"Since I became unwell, I've never kept it from my listeners. I've always been open and honest about it.

The best listeners

I truly believe that I have the best listeners in the world! They are always very kind and supportive."

The total raised for St Wilfrid's Hospice was £2,110.75.

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Strike free travel?

THIS year things have settled down at airports and I am pleased to say that they are running normally without the earlier delays at immigration, and in fact, the only risk one has is travelling up to Gatwick by train due to the on/off rail strikes and overtime bans.

By **Martin Wellings**, Personal Service Travel

I wonder why those working on essential services don't consider Saturdays and Sundays as a normal part of the job – just as well pilots and cabin crews don't think the same!

Super heating

July has certainly not been a good weather month here at home, but I must say that even those wet days are preferable to the incredible heat experienced in some Mediterranean resorts this year. It is a problem, as dates of travel cannot easily or inexpensively be changed. Airlines are invariably inflexible, but many tour operators are willing to change the date of travel, albeit with the loss of the flight element cost of the booking. As a result of this "super heating", fires have broken out and in such a situation that affects someone's holiday, the tour operator is obliged to make necessary changes at no additional cost.

Premium Economy

Autumn is only just around the corner, so it is a good time to think of those trips you had not got around taking yet. Weather in southern Europe is usually pretty good this time of year and certainly not overly hot, and at the same time if travel is later in the year or next, to take that long haul visit to the warmer climes. If you are planning to go further afield, it is worth considering paying a little extra for



travelling Premium Economy where you do get more legroom and seat space, and it is interesting to note with all the different options of flying to somewhere like Sydney, choosing this way of travelling, can be no more expensive than basic economy on some of the better-known airlines.

Book early

Wherever you are planning to travel and however, the message about booking early is particularly true these days with the rising prices of flights, as once you book, the prices are locked in irrespective of how much they may change after your booking and believe it or not, we are already starting to receive 2025 brochures – time is really flying.



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Growth within Signtek looks a little like this!

AN Eastbourne company that designs and creates beautiful signage across Eastbourne, Sussex and beyond.

By **Saci Basaran**

Expanding our customer base
Shipping internationally has allowed us to send *Signtek* signs to places such as Chicago and New York. Seeing our work in America was a proud moment for us, as you can imagine.

Staff training and development

Staff members have been jetted up North for a few days' worth of training with *William Smith* (the leading supplier of self-adhesive film). As well as going Health & safety courses, first aid, CSCS & IOSH.

Teaching & Networking

This growth has enabled us to take on two apprentices and teach the ways of signage to the younger generation!

Whilst our marketing manager has been all over East Sussex attending a variety of networking events.

Overall, sustained growth is crucial for long-term success and sustainability in today's dynamic business environment, which is why it's considered so important here at *Signtek*.

Yet none of this is possible without the people who matter the most: our customers! A big thank you to all of those who have used our services and continue to do so, you are the reason this growth can take place. Your loyalty means the world to us. No, really, it does!

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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 Gildridge Road, Eastbourne
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Eastbourne office contact: **Hamish Smith**, Partner
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By **Mike Grover**

Skylark, run by Erina, and her chef husband Craig, have established a simple, paired back feel to the restaurant, It boasts cool and clean lines, with warm and friendly service.

I've eaten here countless times, and love a Sunday brunch, there's an

extensive menu including my go to full English, vegan options and pancakes.

Most of the ingredients are Sussex-based, as they are keen to operate sustainably as well as supporting the local economy.

Sunday lunch is always a great treat. My favourite is the beef, from *Bullock Farm*. Lunch any other day of the week is equally satisfying. The fish

sharing board is an original dish with cod popcorn, crayfish, white bait, and smoked salmon.

I have eaten here for dinner with my family on many special occasions. We always enjoy tucking into the bread (from *Poppyseed bakery*) and olives while we drool over the menu.

I would always recommend the Charcuterie plate which is all Brighton sourced.

Mains change all the time, with a diverse range of locally caught fish, you can get skate and cod right now.

The Sweet toothed diners are never disappointed, the black forest sundae with dark chocolate brownie is sublime.

As a small restaurant, booking is recommended and it's also an excellent choice for private functions, offering a stylish intimate space. There is also a gorgeous terrace for when it's warm.

Dinner service is Thursday — Saturday.

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BISTROT Pierre launches new members club with cashback on every purchase.

By **Jessica Wight**

Bistrot Pierre have launched an all-new Loyalty reward scheme.

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Find out more at: www.bistrotpierre.co.uk/club



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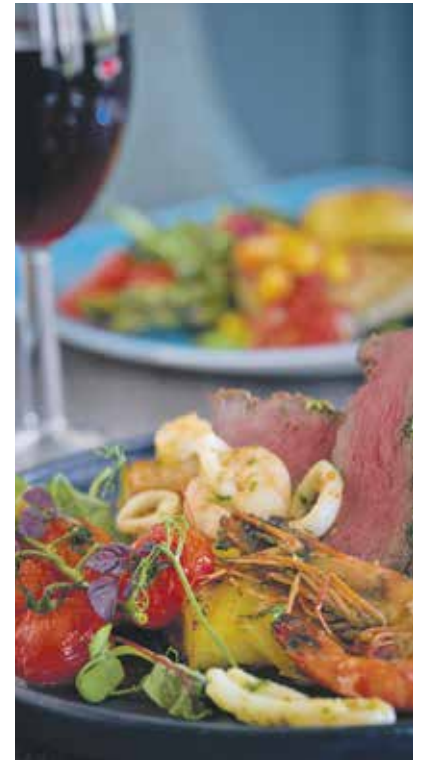


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Relax at The Lansdownne

ENJOY the quieter month of September and visit *The Lansdownne* for morning coffee, afternoon tea or all day dining in our restaurant **1912 Seafood and Steak**.

By **Stephen Callis**

Our sea view lounges provide a great environment to relax with a friend over a drink or perhaps enjoy afternoon tea for an indulgent experience.

1912 – two courses for £22

Our popular two courses for £22 continues throughout September. Enjoy all day dining in our contemporary restaurant 1912 and choose from a starter and main course or main course and dessert for £22. Happy hour cocktails are also available between 5pm and 7pm in our bar at only £6 each.

Online dining reservations available

We offer an online table reservation diary for easy online bookings.

Available for afternoon tea and table reservations in 1912, these can be booked for your preferred time and include a comments section to note any requests such as dietary requirements. Online reservations are found within our Dine section.

Festive season 2023

With September upon us, our planning is well underway for December and the festive season. Our dedicated Christmas section provides full details of all events, residential packages, Christmas Day dining and New Year's Eve Extravaganza. A downloadable brochure is also available.

Non-resident December highlights include:



Party nights. Popular local band *Sound of the Crowd* will be appearing on 2nd, 9th and 15th December. Disco party nights will also be taking place on 8th, 14th and 16th December. Each night includes a 3 course festive dinner and dancing until midnight.

Festive lunches and festive afternoon tea. Join us daily between 1st and 23rd December and celebrate the Christmas period with friends or colleagues. Festive lunches are suitable for groups of 10 or more and include 3 courses with coffee and mince pies.

Online gift vouchers

Our dedicated gift voucher site offers an array of vouchers, all of which are available for instant online purchase and can even be set to deliver to the recipient on a specific date, such as a birthday.

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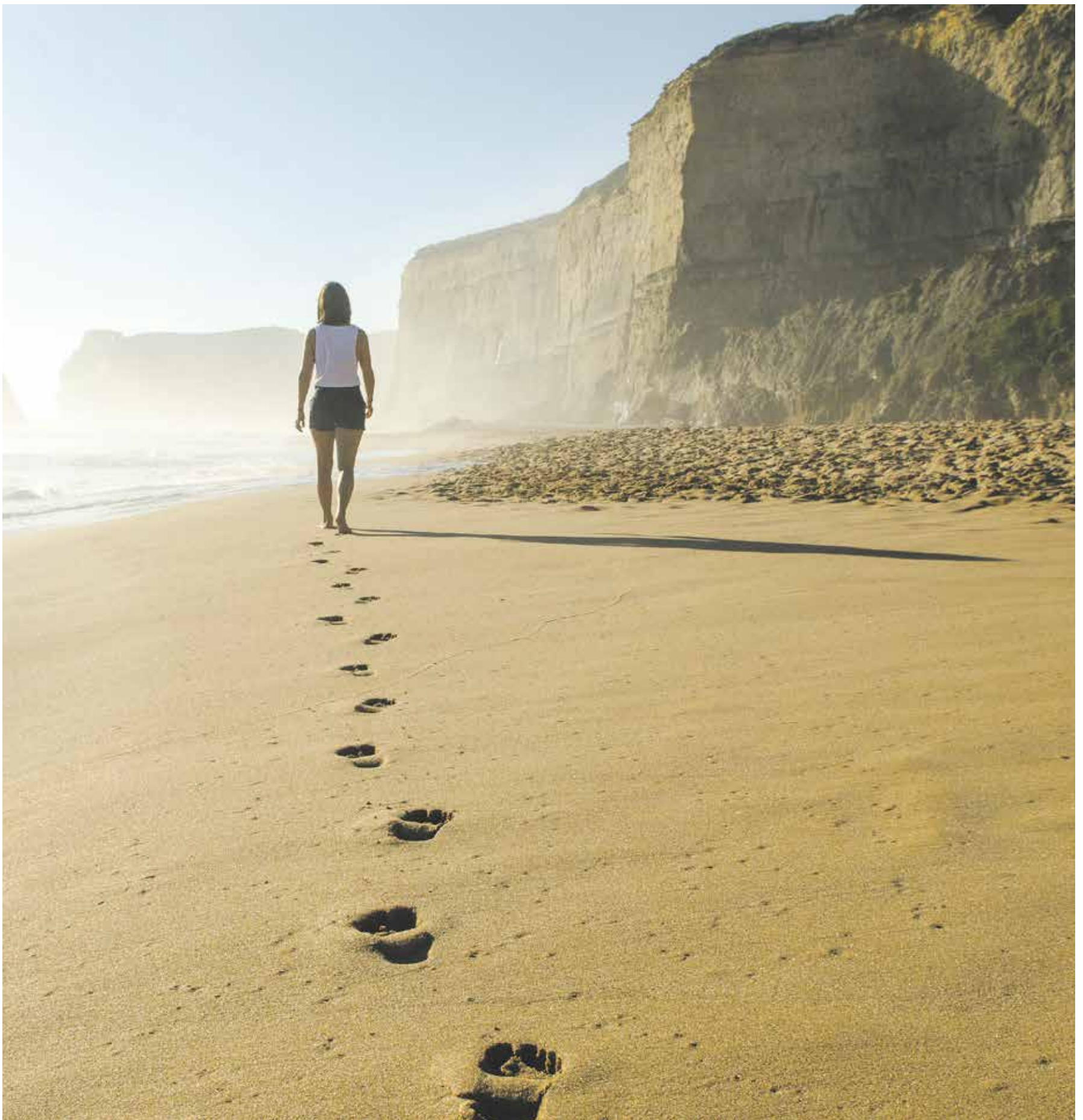
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Let's celebrate Older People's Day 2023

OLDER People's Day is on October 1st this year – and events are taking place in both September and October.

By **Peter Lindsey**

It's all part of the Ageing Well Festival 2023.

Many of the events are being organised by Seniors' Forums – there are eight across East Sussex.

These are the local events:

**Friday Club – Over 55's Club
The Trees Community Association**
Every Friday, 10:30am to 12:30pm
Willingdon Trees Community Centre,
101 Holly Place, Eastbourne, BN22 0UT

A warm, friendly welcoming space to meet new friends, join in new activities



or just pop in for a cuppa and a chat.

Cost: Free

Booking: No booking is required, run as a drop-in session.

Email: chelsea.wicking@sussexcommunity.org.uk

Reminiscence Quiz and Coffee Morning

Nurse Plus

Wednesday 13th September,
10am to 1pm
Nurse Plus Eastbourne, 3 Hyde
Gardens, Eastbourne, BN21 4PN

There would be an opportunity to interact with peers, to be stimulated by undertaking a quiz tailored to take a trip down memory lane as well as sharing ideas and advice with Dementia.

Cost: Free

Email: Ashley.Richardson@nurseplusuk.com
Phone: **01323 726454**

Let's Celebrate Older People's Day 2023

Eastbourne Seniors Forum

Monday 25th September, 2pm to 4:30pm
St Saviours Church Hall, South Street,
Eastbourne, BN21 4UT

Getting together over tea and cake for a Singalong with "Songs Around the World" from Shirley and Veronica.

Cost: £3

Booking: Booking essential (limited numbers so book early) via details below.

Email: gill.morris518@btinternet.com
Phone: **01323 722256**

Tour of Ocklynge Cemetery, Eastbourne

Commonwealth War Graves Commission

Wednesday 4th October,
10:30am and 1:30pm
Ocklynge Cemetery, 3 Willingdon
Road, Eastbourne, BN21 1TL

There are many fascinating stories behind the casualties we

commemorate from both world wars at Ocklynge Cemetery. Come along to find out more about them and the work of the Commonwealth War Graves Commission.

Cost: Free

Email: Sarah.Nathaniel@cwgc.org
Phone: **07917 497179**

Introduction to St Wilfrid's Hospice

St Wilfrid's Hospice

Thursday 5th October, 2pm to 4pm
The Street Café at St Wilfrid's
Hospice, 1 Broadwater Way,
Eastbourne, BN22 9PZ

The event will offer an opportunity to come into the hospice and hear more about our services, volunteering opportunities and more. There will be tours available and demonstrations from our therapies team. There will also be tea, coffee and cake and a chance to chat and meet new people.

Cost: Free

Email: kathryn.sutter@stwhospice.org
or lucy.cheshire@stwhospice.org
Phone: **01323 434279**

Feel Brighter, Sleep Better Health in Mind – the East Sussex NHS Talking Therapies Service Provided by Sussex Partnership NHS Foundation Trust

Thursday 5th October, 10am to 12pm
Polegate Community Association
(Community Centre), 54 Windsor
Way, Polegate, BN26 6QF

Come and learn about the importance of looking after your emotional health and its connection to your physical health. Attend a sleep workshop where you will learn tips on how to fall asleep, stay asleep and feel refreshed the following day. Join us for tea, cake, and some life-improving skills.

Cost: Free

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Do you fancy volunteering?

VOLUNTEERING can be so rewarding...

By **Peter Lindsey**

The Eastbourne and South Wealden Multiple Sclerosis Group needs new volunteers.

That will help with its weekly social group, fundraising and administration.

The MS Group holds:

- Weekly craft and social group at Polegate Community Centre.
- Ladies group.
- Physio gym sessions at the DGH gym.
- Summer and Christmas fairs.
- Regular quiz nights at the Fishermen's Club, Royal Parade.

It funds:

- Wheelchair accessible transport.
- Expert help with benefit applications.
- Grants for people with MS.

A particular current need is volunteering and providing refreshments at the *Friday Craft Club* in *Polegate Community Club* between 10am and 12.30pm.

If you are interested, contact Linda Warner via email at: rchrwarn@aol.com

The group supports all people affected by MS. It is a disease that affects the central nervous system.

Treatments can help manage conditions but there is no known cure.



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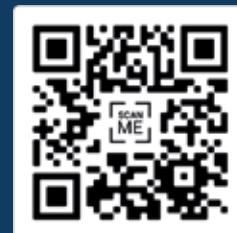
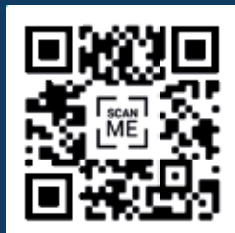
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1066 and all that

ON a 'pop-up' walk of the *Polegate Ramblers*, local wood sculptor Keith Pettit joined a group on a 15-mile ramble along the 1066 route from *Battle Abbey* to *Rye*.

By **Peter Lindsey**

Keith has created 10 Bayeux Tapestry-inspired wooden sculptures which have been placed along the route, each sculpture representing an aspect of the tapestry.

At Winchelsea a wooden sentinel stands at the edge of a field, watching the sea for the Norman fleet, while at *Farbanks Henge* at Westfield, 5 hawthorn trees have been planted, each within one of Keith's carved representations of trees from the tapestry.

The group was also fascinated by Keith's "Hidden Crown" in *Battle Great Wood*. Keith explained his inspiration for each sculpture and how it was created and installed. He also shared a wealth of stories of the history, folklore, flora & fauna of the area with his captivated audience. Photos and locations of all his sculptures can be seen at www.visit1066country.com/thingstodo/1066-country-walk-p881061

15 miles is much further than even the "Long Walkers" normally go but they were rewarded with rolling hills, stunning and far-reaching views, valleys, woods, farmland

and picturesque villages and towns, some of which date back to the time of the Norman conquest. They also did a bit of celebrity-spotting when they passed by Paul McCartney's windmill recording studio near Icklesham, and chuckled shortly after at the inscription (in Gaelic) on Spike Milligan's headstone in Winchelsea church yard. Other oddities en route were the witches on the oast house cowls, a drawbridge in a back-garden fence and the rather insulting name of Dumb Woman's Lane!

Everyone was more than happy to sit on a hill with a packed lunch and take in the beauty and serenity of the surroundings, leaving the clash of swords and sounds of battle to their imaginations but they were glad when Rye with its many tea shops came into view at the end and all agreed it had been a most fascinating day in the company of an inspirational artist.

Polegate Ramblers meet every Thursday for a choice of a 2-ish mile, 5-ish mile or 10-ish mile walk. Rambles are led by experienced members who plan walks in the local area. New walkers can come from any of the nearby towns or villages and are always welcome.

Email polegateramblers@gmail.com or look at the website for details of forthcoming walks. www.polegateramblers.org.uk



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By **Gail McKay**

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September

Thurs - Sun: 12 - 6 pm



Wonders of Wyntercon

AS the journey to WynterCon X, Eastbourne’s Comic-Con with a twist, continues full speed toward its October destination, announcements are flying left, right and centre about guests, exhibits, sponsors and more!

By **Michael Gwatkin**; Photos: **Asylum Imagery Events**

Starting with celebrity guests announcements.

This year's line-up boasts an incredible roster featuring: **Chris Barrie** – *Red Dwarf*, *The Brittas Empire* and *Tomb Raider*. **Colin Baker** – *Doctor Who*'s sixth incarnation. **Ross Mullan** – *Game of Thrones*, *Doctor Who*. **Clive Mantle** – *Alien 3*, *Superman IV* and *Game Of Thrones*. **Sandeep Mohan** – *Star Wars the Force Awakens* and *Justice League*. **Carla Mendonça** – *My Parents Are Aliens* and *Motor Mouth*. **Jon Campling** – *Harry Potter*, *The Northman*.

Amazing attractions

That's not all. *WynterCon X* is also playing host to some amazing exhibits, interactive attractions and photo opportunities this October. So far they have announced a full size and accurate replica of the iconic *Ghostbusters* vehicle, Ecto-1, and Johnny 5 from the classic 1986 movie, 'Short Circuit'. A plethora of hand crafted replica props from the movie 'The Labyrinth' and even two animatronic baby dragons that are over a whole two metres long!

Craft of costuming

Another huge highlight is the return of the infamous Cosplay Hall. An entire hall dedicated to the craft of costuming with it's very own displays, photo opportunities, stage area and adjudicated competition for anyone to enter (and even features prizes for the respective winners). All made possible by the philanthropic, local broadband provider, *Lightning Fibre*.

Creative workshops

Last but certainly not least, the Workshop Hall, in partnership with *Sky Creative Sussex*, *WynterCon's* Charity Partner. This will be filled to the brim with educational workshop tasters based around the charity values including arts, crafts, computer programming and, as always, much more (For more information about *Sky Creative Sussex* and their work visit www.skycreativesussex.org).

If that isn't enough to sink your teeth into, there will also be a fully featured trade floor filled with hand picked vendors of all varieties

including toys, homewares, sweets and treats, prop weapons, tabletop gaming and accessories, jewellery and so much more... With even more announcements on the way including details for the annual *WynterCon* after party!

Join the fun and festivities this October 14th – 15th at the *Eastbourne Winter Garden*. Full details and tickets can be found on the official *WynterCon* website at: www.WynterCon.org

You can also keep on the pulse with all updates about this event by searching *WynterCon* on either *Facebook* or *Instagram*.

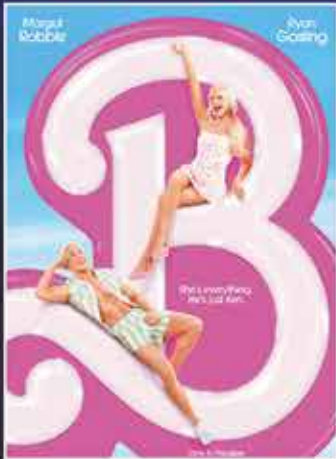




**INDEPENDENT CINEMA,
LIVE ENTERTAINMENT
& THEATRE VENUE**

What's on in September!

**FREE PARKING
THROUGHOUT HAILSHAM**



12A Barbie



15 Oppenheimer



12A Mission Impossible
Dead Reckoning Part 1



12A The Haunted Mansion



12A Gran Turismo



12A Indiana Jones and
The Dial of Destiny



15 My Name is
Alfred Hitchcock



12A Memories of Paris



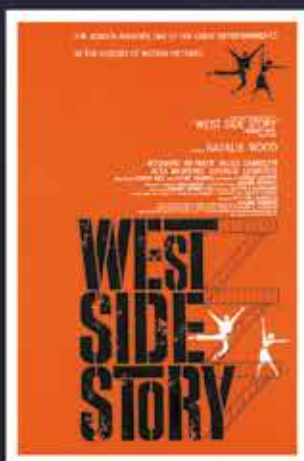
PG Toy Story



U Beauty and the Beast
(1991)



15 Sound of Freedom

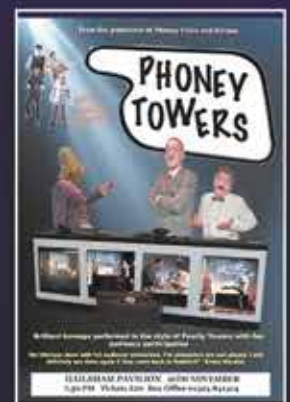


PG West Side Story (1961)

EVENT CINEMA



LIVE EVENTS



**For full programme or to book:
www.hailshampavilion.co.uk**

Jazzing up the seafront

PRODUCED by *Festival Events*, the last weekend of July saw *The Jazz & Blues Festival* come to the *Western Lawns* and Eastbourne loved it!

By **Gail McKay**

The Full Circle Quartet & The South Downs Suite opened with their gentle, mellow instrumental jazz while locals and visitors alike arrived to sit in the sunshine and absorb the harmonious experience.

We grabbed our reusable cups and drank in the fusion of traditional blues with contemporary jazz. *Ian Shaw* gave us his personal interpretations of Bowie and Joni Mitchell, slowing the songs right down to draw out the raw emotion.

Local faces

We spotted the musical Reverend Richard Coles enjoying the line-up. Josh Baberinde, who's campaigning to be the next Eastbourne and Willingdon MP also enjoyed some soulful tunes.

Jay Rayner Sextet, ramped up the energy, intermingling his energetic numbers with cheeky and sometimes risqué anecdotes. The finale of 'Love Cats' had the crowd yelling for more.

The *Masterchef* host, and food writer was also seen scoffing a *Big Kahuna Burger*, to which he gave his hearty stamp of approval. In fact, there was a terrific range of very reasonably priced food and beverages.

After party

Oye Santana had everyone up on their feet, with their lively numbers bringing Saturday evening to a close while the hard core danced into the night at the after party at the *Gold Room* at *Winter Gardens*.

Young Brighton performers, *Jazz Futures Youth Band*, had the audience enthralled on Sunday. The weather was less inviting, but the music distracted everyone from the clouds and rain, and there was plenty of undercover seating.

Sunday evening

Jazz purists were delighted by *Pigfoot play Ellington*, who reworked a range of Duke Ellington's 1940s swing hits pleasing the Sunday crowd.



Ian Shaw.

Photo: Dave Langham Media.



Jay Rayner.

Photo: Sy Martin.

The proceedings were brought to a close with the powerfully emotional performance of Sarah Jane Morris (of *Communards* fame), and the songs of John Martyn.

These events are a wonderful addition to the cultural calendar of

Eastbourne, entertaining locals, and visitors to our beautiful town.

It was an unforgettable weekend of music and culture and I can't wait for the next one!

www.festival.events



Photo: Dave Langham Media.



Photo: Sy Martin.

HAILSHAM FESTIVAL

SAT 9TH SEPT - SUN 24 SEPT

SATURDAY 9 SEPT

Open Morning: 10.00-15.00	Vicarage Field, BN27 1BJ
Children's Art Exhibition: 10.00-17.00	Hailsham Library, BN27 3DN
A Life on the Buses: 16.00-17.30	B12 Bar and Kitchen, BN27 1BJ
.. and this is my friend Mr. Laurel: 19.30	Hailsham Pavilion, BN27 1AE
Art Trail - Sat 9th to Sun 24th Sept	Various venues

SUNDAY 10 SEPT

Party in the Pub Garden: 13.00-18.00	Kings Head, South Rd, BN27 3NJ
Baroque Alchemy: 14.30-16.30	Hailsham Pavilion, BN27 1AE

MONDAY 11 SEPT

Open Debate: 14.30	Diplocks Hall, BN27 3JY
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TUESDAY 12 SEPT

Festival Film - Sons of the Desert: 19.30	Hailsham Pavilion, BN27 1AE
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WEDNESDAY 13 SEPT

An evening with Milton Hide: 19.30	Bates Green, Arlington, BN26 6SH
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THURSDAY 14 SEPT

Tango and Tapas: 19.30-22.30	B12 Bar and Kitchen, BN27 1BJ
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FRIDAY 15 SEPT

The Jivebeats: 19.30-22.00	Hailsham Memorial Institute
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SATURDAY 16 SEPT

Open Morning: 10.00-15.00	Vicarage Field, BN27 1BJ
Children's Lego Building: 12.00-15.00	Hailsham Memorial Institute
CSI Hellingly Day 1: 11.00-16.00	Hellingly Country Park
Mayor's Concert: 14.00-15.30	Hailsham Parish Church, BN27 1BJ
Greek Mythology, Monsters & Media 16.00	B12 Bar and Kitchen, BN27 1BJ
1984: 19.30-21.00	Hailsham Pavilion, BN27 1AE

SUNDAY 17 SEPT

CSI Hellingly Day 2: 11.00-16.00	Hellingly Country Park
Singalong - Frozen!: 14.00-17.00	Hailsham Pavilion, BN27 1AE
A Feast of Flutes: 16.30-18.00	Hellingly Church, BN27 4HA

MONDAY 18 SEPT

Downland Poets: 14.30-16.30	Hailsham Parish Church (lounge)
Murder Mystery Night: 19.00-22.00	Union Corner Hall, BN27 1NA

TUESDAY 19 SEPT

Check the website

WEDNESDAY 20 SEPT

An Evening of Folk Music : 19.30-22.00	Kings Head, South Rd, BN27 3NJ
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THURSDAY 21 SEPT

An Evening of Burlesque: 19.30	B12 Bar and Kitchen, BN27 1BJ
Hailsham Theatres: 19.30-22.00	Summerheath Hall, BN27 3DR

FRIDAY 22 SEPT

Hailsham Theatres: 19.30-22.00	Summerheath Hall, BN27 3DR
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SATURDAY 23 SEPT

Nostalgia Fair: 11.00-16.00	Cattle Market Site, BN27 2AQ
Hailsham Theatres: 19.30-22.00	Summerheath Hall, BN27 3DR
Journeys Festival of Dance: 20.00-21.00	Vicarage Field, BN27 1BJ

SUNDAY 24 SEPT

Art Trail - Sat 9th to Sun 24th Sept	Various venues
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Charity no. 1187850

www.hailshamfestival.co.uk

Hailsham Festival

THE annual Festival, from 9th to 24th September, is a celebration of both professional and amateur talent, creativity and imagination centred in the market town of Hailsham and its surrounding area, with events including art, music, dance, drama, creative writing, poetry and film.

By **Peter Lindsey**

The Festival began in 2007 with the Art Trail which has grown in strength and diversity ever since, and is a rich showcase for local artistic talent and skill.

Highlights this year include an appearance at the *Hailsham*

Pavilion by acclaimed actor Jeffrey Holland (*Hi de Hi*) who will present his one-man show *...And This Is My Friend Mr Laurel*. Also at the *Pavilion* will be a chilling retelling of George Orwell's seminal novel, *1984*, and the singalong film version of *Frozen* to attract all ages. The Festival is also delighted to welcome *Baroque Alchemy* with world-class performers, Piers Adams and Lyndy Mayle.



Jeffrey Holland as Mr Laurel.

Events will be held in venues across the town including performances by the *Hailsham Choral Society*, *Hailsham Voices*, *Milton Hide*, and *The Jivebeats*. From music to murder, with a gripping *Murder Mystery*, while on the fun side there's *Children's Lego Building*, *Tango and Tapas*, an evening of Burlesque, and the ever-popular *Nostalgia Fair*.

Once again, members of the community will be invited to showcase their creative achievements in the *Virtual Art Gallery*, and the *2023 Poetry and Short Story Anthology* will be available to buy as an e-book or as a printed edition from 9th September.

This year is the best ever!
<https://hailshamfestival.co.uk>



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www.townereastbourne.org.uk

bavardbar.co.uk

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Saturday 2 September



Most Haunted
Sunday 3 September



Get it On!
Friday 8 September



Burlesque Revolution
Saturday 9 September



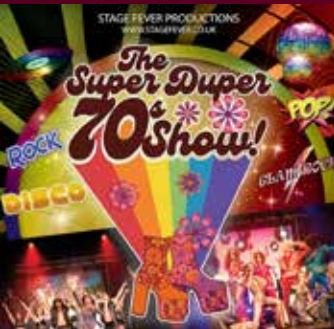
Ultimate Prince Experience
Sunday 10 September



Evening with Martin Hopgood
Thursday 14 September



The Jam'd
Friday 15 September



The Super Duper 70s Show
Saturday 16 September



Bourne Chorus
Sunday 17 September



The Magic of Dance
Thursday 21 September



Calling Planet Earth
Friday 22 September



The Story of Guitar Heroes
Saturday 23 September



The Art of Believing
Sunday 24 September



Endless Love
Friday 29 September



The Rollin' Clones
Saturday 30 September

Box Office 01323 802020 | royalhippodrome.com
106-114 Seaside Road, Eastbourne, BN21 3PF

Turner Prize at Towner

THE Turner Prize, the world’s leading prize for contemporary art, will be presented at Towner Eastbourne in 2023, as the centrepiece of their centenary celebrations.

By **Gail McKay**

This will have a significant cultural impact on Eastbourne. The event will enable local audiences to experience some of the very best in contemporary art and attract visitors from across the UK.

The exhibition of *Turner Prize’s* four shortlisted artists will be presented at *Towner* from 28th September 2023 to 14th January 2024 with the announcement of the winner on 5th December 2023. The *Turner Prize* winner will be awarded £25,000

with £10,000 awarded to the other shortlisted artists.

With support from *Eastbourne Borough Council* and *East Sussex County Council*, the *Turner Prize* will bring transformative cultural and

social experiences for both visitors and residents alike.

The four shortlisted nominees for this year’s *Turner Prize* are: **Jesse Darling, Ghislaine Leung, Rory Pilgrim** and **Barbara Walker**.



Jesse Darling

Nominated for his solo exhibitions **No Medals, No Ribbons** at *Modern Art Oxford* and **Enclosures** at *Camden Art Centre*. Darling’s work encompasses sculptures and installations which evoke the vulnerability of the human body and the precariousness of power structures. The jury was struck by Darling’s ability to manipulate materials in ways that skillfully express the messy reality of life. They felt that these exhibitions revealed the breadth and integrity of Darling’s practice, exposing the world’s underlying fragility and refusing to make oneself appear legible and functioning to others.

@jessedarling

Photo: Eva Herzog.



Ghislaine Leung

Nominated for her solo exhibition **Fountains** at *Simian, Copenhagen*. Leung’s work takes the form of ‘scores’ – sets of instructions that test the boundaries of the gallery space. Baby monitors, child safety gates, inflatable structures, toys, and water fountains are used to turn the exhibition structure on its head, asking questions about time, leisure, and labour. The jury particularly commended the warm, humorous, and transcendental qualities that lay behind the sleek aesthetic and conceptual nature of Leung’s work, as well as her commitment to challenging the way art is produced and circulated.

Photo: GRAYSC.



Rory Pilgrim

Nominated for the commission **RAFTS** at *Serpentine* and *Barking Town Hall*, and a live performance of the work at *Cadogan Hall, London*. Pilgrim’s work interweaves stories, poems, music and film, created in collaboration with local communities in the borough of Barking and Dagenham, to reflect on times of change and struggle during the pandemic. The jury praised the project as a standout example of social practice. They felt that Pilgrim’s beautiful and affecting musical arrangements gave light to their collaborators’ voices and that the confidence and vulnerability of the performance reflected the strength of the relationship between artist and community.

@rainbowsofgorse

Video still: andriess~eyck galerie.



Barbara Walker

Nominated for her presentation entitled **Burden of Proof** at *Sharjah Biennial 15*. With a practice that interrogates past and present issues of racial identity, exclusion and power, Walker’s presentation explores the impact of the Windrush scandal, underlying figurative drawn portraits with facsimiles of the documentation these individuals had to produce to prove their right to remain. The jury applauded Walker’s ability to use portraits of monumental scale to tell stories of a similarly monumental nature, whilst maintaining a profound tenderness and intimacy across the full scope of her work.

@barbarawalkerstudio

Photo: Danko Stjepanovic.

New live show

A BRAND new and exciting live Christmas Show for all ages has been announced by Hailsham Pavilion.

By **Peter Lindsey**

Launched as part of a whole series of new star-studded live events, the Pavilion is working with leading family production company, That's Entertainment Productions to bring the excitement of Christmas to the Pavilion stage this year!

Theatre Manager, Paul Nunney and his team have been hard at work all summer preparing for the new shows that start this month.

"We are so blessed to have such a beautiful, intimate local theatre," he explains. "We have been on the long recovery from the effects of Covid, but now more and more people are coming back to our theatre and cinema events, and we want to offer something special to the local community that we are part of."

That's entertainment

"As well as comedy with a *Tommy Cooper Show* and a *Fawlty Towers Tribute*, we will have the brilliant band *The Dreamers* later in the year and finish off with a fantastic Variety Show for Christmas!"



That's Entertainment Productions have been creating family shows in theatres and on-board cruise ships for over 30 years, and local producer, Chris Gidney is thrilled to be helping out with the new *Pavilion's* live events.

"I live in Bexhill on Sea," says Chris, "So it's a real privilege to bring some of our most popular shows and acts for the whole Hailsham community to enjoy."

"*The Hailsham Christmas Show* will have all the excitement of speciality acts, magic, fun, music, and comedy that will appeal to every age group,

and we have some amazingly talented international acts already booked to be announced soon. We are encouraging people to book early – especially groups – as seats are limited and likely to sell quickly. What better way to lift the post-Christmas 'blues' than with a trip to be part of an exciting new Christmas venture!"

The Hailsham Christmas Show Runs twice daily at *Hailsham Pavilion* from Dec 28th–30th 2023.

Tickets for this and information on events available from:

www.hailshampavilion.co.uk

THE MAKERS DIRECTORY

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

By **Harry Farmer**

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

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

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

FEATURED ARTIST **Chantel Hargreaves**

My handmade, colourfully conscious accessories and homeware are inspired by Zimbabwean heritage. I'm a self-taught sewist, with a passion for vibrant colours, and love working with African textiles.

I use a range of sustainably sourced African textiles and upcycled materials. Mainly sourcing my fabrics as remnants/offcuts, and virgin fabrics are selected from suppliers or directly with local African artisans, who use traditional hand printing techniques, with small batch production.

Working with remnants can be challenging, but this allows me to be creative in my design process. I save all my scrap fabrics and I'm currently developing my patch working skills and look forward to creating interesting designs. I have an online shop and take part in various craft markets across East Sussex and Surrounding areas.

Sussex has an amazing artist and makers community, just waiting to be discovered. *The Makers Directory* is a fantastic resource to help increase our visibility, to the local and surrounding community.

www.themakersdirectory.co.uk/directory/mashona-designs

mashonadesigns@gmail.com
www.etsy.com/uk/shop/MashonaDesigns
@mashona_designs





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Green and pleasant

SEPTEMBER is upon us and soon it will be autumn! There's plenty to be done while you're outside, hopefully enjoying the last of this year's warmth. If you grow crops and fruit, harvesting will keep you busy this month, and there's plenty of work to do tidying and maintaining plants and equipment. September is generally a cooler, gustier month than August and the days are noticeably shorter. There may not be as much to do in your ornamental garden at this time of the year, maybe it's a good time to get out and start planting spring-flowering bulbs for next year or collect seeds for next summer's colour too.

By **Geoff Stonebanks**

One of the best flowers for September is the aster it blooms in an array of colours such as purple, white, red, and pink, where various colours of flowers can signify some specific meaning. Asters are a large group of plants, consisting of many different species, each one offering something different in height, colour and design potential.

There are many cultivars available to provide you with good displays of late summer and autumn colour, with daisy-type flowers in shades of white, pink,

purple, blue and red. Most are easy to grow, except on very heavy clay soils or soils that dry out in summer.

Jobs for September

Here are a few suggestions to keep you busy in the garden this month! Keep your plants healthy and vigorous year after year and multiply your stock by dividing your herbaceous perennials. If you have a pond, now is a good time to place a net over before autumn leaf fall gets underway, thereby reducing the amount of debris entering the water. Clean out cold frames and greenhouses ahead of autumn sowing and growing.

Continue to feed and deadhead hanging-basket and container annuals as they will often keep going until the

first frosts hit your plot. Also deadhead annuals and perennials to extend their performance, particularly penstemons, dahlias, and roses to keep flowers coming. You can also prune any late-summer flowering shrubs, such as the rock rose, climbing roses and rambling roses once they've finished flowering. I have to remember to keep my camellias and rhododendrons well-watered at this time of year too, to ensure that next year's buds develop well.

National Garden Scheme

Limekiln Farm will open the garden gate for the scheme on the 23rd and 24th September. It is located in Chalvington Road, Chalvington, Hailsham and will open between 2 and 5pm with entry £7, children free. The garden was designed in the 1930s when the house was owned by Charles Stewart Taylor, MP for Eastbourne. It has not changed in basic layout since then. The planting aims to reflect the age of the 17th century property and original garden design. The house and garden are mentioned in Virginia Woolf's diaries of 1929, depicting a particular charm and peace that still exists today. Flint walls enclose the main lawn, and there are herbaceous borders and a rose garden. In the physic garden, at 3pm, there will be a talk about medicinal plants.

Meanwhile on both the 6th and 9th of the month *Knightsbridge House* at Grove Hill, Hellingly, Hailsham will open, between 2 and 5pm with entry £7 and children free. This is a mature landscaped garden set in 5 acres of tranquil countryside, surrounding a Georgian house. See several garden rooms, spectacular herbaceous borders planted in contemporary style with lots of late season colour plus grasses and some magnificent specimen trees. Full details on both gardens at: www.ngs.org.uk

Looking good at Driftwood

You can see one of my favourite plants in the header, hydrangea *Vanilla Fraise*. This extra special hydrangea has a stunning appearance and a garden performance to match. *Hydrangea paniculata 'Vanille Fraise'* is easy to grow and perfect for those problematic north-facing areas, due to its extreme hardiness, down to -20C! Mine sits in a raised bed at the back of the house which is north facing. Its height and spread are about 72". Loose pyramid-shaped clusters of flowers form at the tips of red-stemmed branches in summer. They emerge creamy-white and turn shades of pink as they age, before finally taking on rich red and russet tones. Perfect for adding late summer colour to the shrub border, or for creating an informal, flowering hedge.

Later this month, I'm hoping to see the garden on *BBC Gardener's World*. At time of writing, filming is scheduled for late August and broadcast before the current series ends in the Autumn. There is always the possibility they may hold the film and use next year but when it last appeared on the programme in 2016, filming was done late August and was aired at the end of September, so fingers crossed. The subject matter will be around climate change and drought tolerance.

Read more of Geoff's garden at: 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.

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ESC STUDENTS CELEBRATE THEIR RESULTS!

East Sussex College students celebrated receiving their A-Level, T-Level and Vocational results this summer, following two years of hard work and dedication!

83%

OF T-LEVEL STUDENTS ACHIEVED HIGH GRADES WHICH IS 14% HIGHER THAN THE NATIONAL AVERAGE.

T-LEVEL TRIUMPH

Since the launch of T-Levels in 2021, the College has expanded its offerings, providing a diverse range of exciting opportunities for students. The ever-growing selection of courses ensures that aspiring learners have access to a comprehensive array of subjects. T-Level students demonstrated remarkable performance, with an impressive 83% achieving Distinction or Merit grades - almost 14% higher than the national average.

The overall T-Level pass-rate was 91.4%, higher than the national average.



T-Level students collecting their results included Aiden Hill. Aiden studied as a T-Level Design, Planning and Development student and received a Merit. Aiden said, "I'm happy with my grades! What I'm doing next isn't related to my course, I'm currently training to get my private pilot licence and then plan to start my scholarship to fly commercial. Support from tutors was great. I'd recommend that others study this course, it's great and informative."

Lucie Cater, T-Level Education and Childcare student, received a Merit for her hard work.



LUCIE CATER



Lucie said, "I'm chuffed with my results. I just wanted to pass! In terms of what I want to do next, I've actually already started my job. I work in a school in Chailey for children with complex medical needs. I've already started so it's been good to get the experience in. The balance between practical and theory on this course has been really helpful in getting to use the skills while you're learning them."



AIDEN HILL



A-LEVEL PROGRAMMES



The College's A-Level students at the Eastbourne, Hastings and Lewes campuses achieved fantastic results with the student's hard work being rewarded after two years of studies. **Forty two A-Level courses had a 100% pass-rate** highlighting the quality of provision on offer at the College, fantastic news for all students and staff who worked tirelessly throughout the academic year.

A-Level student, Eden Patterson, was ecstatic with her results! Eden said, "I studied Law, Sociology and English Language and got an A in each of them. My tutors were always so helpful, they'd give me extra help when needed and they were always there. Next up I'm going to university to study Law. If I could tell my past self one thing about college, I'd say start revision early. Enjoy it, and always prepare!"



EDEN PATTERSON



Gina Dodd, studied English Literature, History and Sociology at A-Level and achieved A* grades across the board! Gina said, "I'm so happy with my grades! Tutors were really supportive and they always pushed me to work even harder. Following my results I'm going to study History at Durham University. It's definitely worth taking all the opportunities you can get at college as it does really help you."



GINA DODD





VOCATIONAL SUCCESS

A remarkable 100% pass-rate was achieved across 46 Level 3 Vocational courses. This exceptional feat includes UAL with an 99.9% pass-rate, NCFE maintaining a perfect 100% pass-rate, and BTEC securing a 94% pass-rate.

Year 2 of the Uniformed Public Services Level 3 course achieved an impressive 100% pass-rate - one of 13 Level 3 BTEC courses to achieve a 100% pass-rate.

Uniformed Public Services students, Morgan Lewes-Clements and Leonie Rogers, received exceptional results and are looking ahead to careers in the public services industry.

Morgan, who received D*D*D in Uniformed Public Services, said, "I'm very, very happy with my grades. Honestly, support from our tutors was great. The support from my tutor was unreal, he couldn't have done more, he helped us through everything! I'm looking to join the border force next September."




MORGAN & LEONIE 

Leonie, who received D*DD in Uniformed Public Services, said, "From Year 1 to Year 2 there was constant support. Our tutor was

always there whenever you needed him. They put everything into making sure we got the best grades. I start working with Sussex Police this September. I'm doing the Police Constable Degree Apprenticeship, so I'll be a working police officer while doing a degree."



KATIE HUGHES 

An impressive 100% of students who completed the Sport & Exercise Science course attained a minimum pass grade.

Katie Hughes, Sport and Exercise Science student, did exceptionally well in her studies having received D*D*D* for her efforts. Katie said, "I'm extremely happy with my results, after all of the hard work in my exams and assignments to achieve these grades. My next step is to attend the University of Brighton and study strength and conditioning. This will allow me to progress into becoming a strength and conditioning coach."



"We are incredibly proud of all of our students who are celebrating some excellent results having worked so hard and with such dedication. As they move on we wish them the very best and a future filled with success." - Rebecca Conroy, CEO & Principal of East Sussex College.



Ofsted announced East Sussex College's new 'Good Provider' status in January last year, following an inspection at its campuses in Eastbourne, Hastings, Lewes, and Newhaven.

OPEN EVENTS

Open Events are the perfect opportunity for you to come in and see the college surroundings and facilities, meet our dedicated course tutors and find out about the courses we have on offer. Don't miss out!

Hastings

Thursday 5th October
Thursday 16th November

Lewes

Thursday 12th October
Thursday 23rd November

Eastbourne

Thursday 19th October
Thursday 30th November

Newhaven

Thursday 9th November
Additional dates in March 2024 available.

Scan the QR code to find out more.



Unlock your future at East Sussex College!
#WhyStudyAnywhereElse.

GROUNDBREAKING TRAINING FOR A GREENER FUTURE.



In 2022, East Sussex College opened a new Training Hub at Hampden Retail Park (above), in an exciting new partnership with OHM Energy. Welcoming a new era of training and development, the Hub has ensured that green training is embedded into the curriculum to equip students with the skills to work with new green technologies.

The ESC Training Hub was officially opened by author, documentary filmmaker and TV presenter Simon Reeve.

"We need to protect what we've got, we need to claw back what we've lost. Renewable energy is all part of that. We have to believe in it, we have to invest in it, we have to study it, train up to use it - the ESC Training Hub is so needed locally, but we need more around the country." - Simon Reeve.

The specialist Hub supports local authorities, businesses, construction employers and homeowners to improve insulation and install a range of green energy products, reducing energy consumption and offsetting carbon emissions.



SIMON REEVE

BUILDING TOWARDS A SUSTAINABLE FUTURE.

ESC is taking massive advancements across its campuses to create a more **sustainable future**. The College has invested millions of pounds secured through a Salix grant from the Public Sector Decarbonisation Scheme (PSDS) to deliver energy-saving projects, with the aim of becoming **carbon zero by 2030**.

ESC's decarbonisation plan includes a range of opportunities to **decrease energy consumption and heat loads, increase on-site renewable generation, and improve carbon performance**. This includes the addition of Ground Source Heat Pumps (*Ore Valley, Eastbourne and Lewes*) and Air Source Heat Pumps (*Station Plaza and Lewes*).



SCAN THE QR CODE TO FIND OUT MORE.



#WhyStudyAnywhereElse



**Free
EVENT**

Mark your calendars for East Sussex College's Festival of Learning this September.

This week-long event will give you the opportunity to try out a wide range of adult courses that are on offer at the College. You'll have the chance to acquire new skills, enhance your current ones and learn more about the College's fantastic facilities.

The workshop also provides a platform for adults wanting to gain a qualification and for aspiring apprentices.

Scan the QR code to find out more!

FESTIVAL *of* LEARNING

Starting
11th September

EASTBOURNE • HASTINGS • LEWES

