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11/23

Issue 041
November 2023

Pages 29-38



Bournefree

www.bournefreelive.co.uk

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THE count down is now on until *Lightning Fibre’s Ice Rink* is back in Eastbourne!

Running from Friday 9th to Sunday 31st December 2023, from 10am to 10pm outside *The Enterprise Shopping Centre* and *Eastbourne Train Station*.

To book tickets please visit:
www.visiteastbourneticket.co.uk

You can expect many new features and attractions this year, including *The Tipsy Toadstool Bar* and food offerings from the ever popular *The Big Kahuna Burgers* with traditional German Bratwurst and *Forge + Fuel*, offering a delicious Vegan & Vegetarian menu – which you will find all under cover in it’s own marquee.

Come join us at the weekends with late night DJ sessions from Fergus, Fake Boy Slim and many other DJs!

Book your Christmas party with us

Lightning Fibre’s Ice Rink is available for your office Christmas staff parties, where you can book your own

By **Harry Farmer**

private hour session – up to 100 people. Or bring your staff/birthday party to join a public session and enjoy all the fun together.

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

Lightning Fibre’s Ice Rink is also available for group bookings at a discounted price. Please get in touch with us today to discuss at: info@festival.events

Tickets are selling fast

To book tickets please visit: www.visiteastbourneticket.co.uk or www.festival.events

Santa is coming to Eastbourne!

Festival Events are very excited to announce the return of *Santa’s Grotto* to the *Eastbourne Beacon Shopping Centre* from Saturday 2nd to the 24th December.

Children will be able to meet Santa and his cheeky Elves. This popular and exciting experience is suitable for children of all ages.

Visit onlineticketseller.com for more event details and to book your tickets.

We look forward to seeing you all there!



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



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

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 DESIGN MARKETING PRINT

ignite
 PR & Engagement

15,000 copies to mark the festive season

WELL, we have been bold at *Bournefree* HQ and increased our print run for November and December by FIFTY per cent.

By **Peter Lindsey**

Yes, for this edition and the next, we will be publishing and distributing 15,000 copies. Our normal print run is 10,000.

Why? Well, we have seen over the past months huge demand for *Bournefree* in print. Yes, it costs more – in fact considerably more – to print an extra 5,000 copies but we are convinced they will all be picked up.

The festive season is a time when many businesses and groups will want to promote what they have to offer in advance of Christmas.

The public will also be spending more money, although for some that may be challenging with the current cost of living crisis.

Of course, thousands of people also read *Bournefree* online – that's both the magazine itself and also our 24/7 website.

For us, it's all about Reach – how many people *Bournefree* can interact with. As an example, from September 8th to October 8th, our *Facebook* page alone reached 280,000 people.

So you can see that overall we are talking big figures.

It's always nice to get out and about locally, and *Journeys* in Station Parade was great to visit.

Marina and Amy Stone are building up an amazing business, and they are working so hard to achieve that well deserved success.

Look out for their page promotion inside today's magazine.

Dem Food Centre has opened on Grove Road, and again what an amazing local business, which opens daily from 8am until 11pm.

Dem Shish Restaurant on South Street has built up a great reputation – and I'm sure the same will be the case at the Food Centre. Amazing bakery and butchers as well as so much more.

We are already cracking on with our December edition – please get in touch to promote your business or organisation.

Gail, Harry and I will be thrilled to hear from you.

In the meantime, it's almost panto time again at the *Devonshire Park Theatre*, and a shout out too for the *Royal Hippodrome* and its Christmas offering as well.

The Rattonians are also putting on their Christmas show later this month – again see their advert in this issue.

Get in touch! And have a great month too.

Bournefree

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

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



gail@bournefreemag.co.uk
 01323 430303



harry@bournefreemag.co.uk
 07809 443027

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A dip a day!

ECOHAVEN Founder, Karine Orhan, committed to 'DIP A DAY' in October to raise funds for *Surfing Against Sewage*, a charity that fights against sewage and plastic pollution in our oceans.

By **Gail McKay**

Karine said, "I am a fan of swimming in the sea at our beautiful beaches. But the problem of pollution through single use plastics as well as sewage is terrifying.

"I have teamed with friends and colleagues to commit to going into the sea every single day to

raise awareness and funds for this important cause.

"Some days have clearly been better than others. At the start of October, Eastbourne, and most of the UK experienced exceptionally warm weather, which made the experience more pleasurable. But there have been injuries and poor weather to deal with along the way."

On early morning swims, the group often finished off at their favourite

bakery, *To the Rise*, for a much needed coffee and pastry.

"At *Ecohavenstore*, we believe in the power of collective action. With your help, we can make a significant impact in preserving the beauty of our coastlines and ensuring a sustainable future for generations to come."

Karine invites you to join them with their vital cause, learn more about their fundraising campaign and how you can get involved.

"Together, let's make waves and protect our oceans for a cleaner, brighter future."

By donating, you'll be directly contributing to their efforts in tackling plastic waste and promoting cleaner, healthier seas.

www.ecohavenstore.com/pages/events





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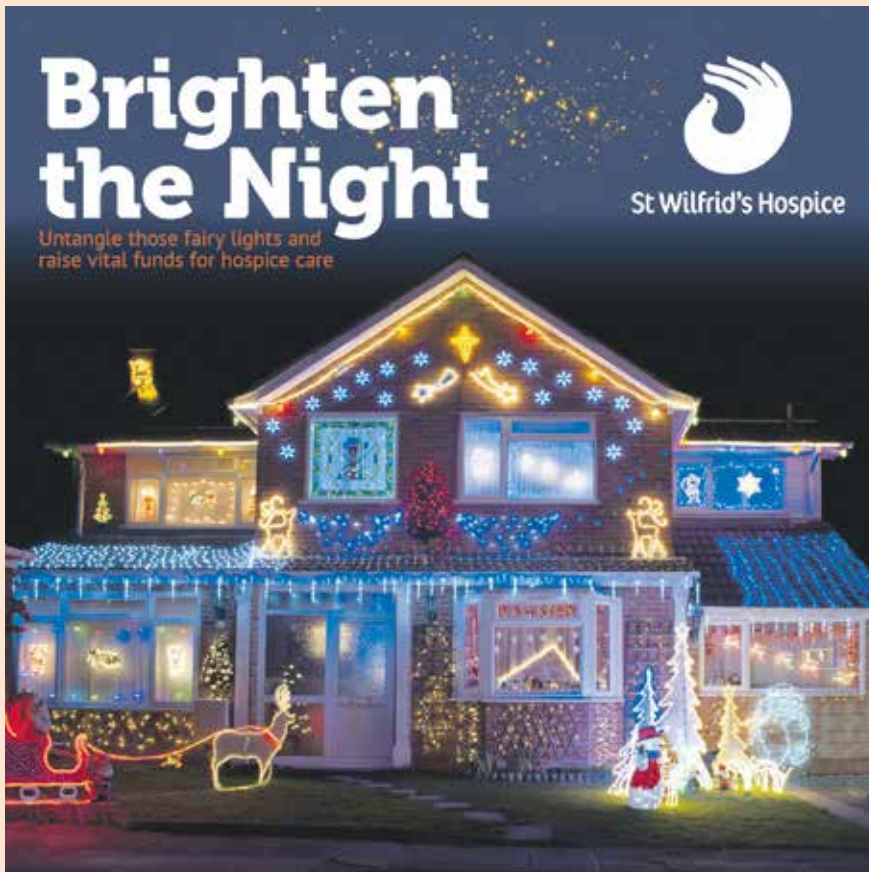
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Light up for St Wilfrid's this Christmas

CHRISTMAS is coming – and that means houses across the area lit up with fabulous festive lights and displays.

By **Peter Lindsey**

Many families raise money for good causes by asking visitors for donations when they come and view the lights.

This Christmas *St Wilfrid's Hospice* is asking people to support them:

"If you're planning on spending time decorating the outside of your home for Christmas, why not raise money for a local cause while you do it?"

"Whether you're putting up 3D Santas, sparkling reindeer, dancing snowmen or colourful fairy lights, we want to know about it!

"The money you raise will help us to continue caring for local people who need our services through the hospice building or out in the community.

"Our care and support can continue to be provided to those facing a life-limiting diagnosis, and we can continue to support their wider family through our bereavement services."

Find out more and sign up at: www.stwhospice.org/event/brighten-the-night

If you would like more information on *Brighten the Night* before you sign up, email fundraising@stwhospice.org or call the fundraising team on **01323 434223**.

Youngster's singing concert raises vital funds for hospice

LET'S salute Lissy Read, aged just nine.

By **Peter Lindsey**

Dad Gavin passed away from a tumour two years ago at St Wilfrid's Hospice.

Well, she has just raised an incredible £448 for the hospice after organising a music and singing concert in memory of Gavin.

Lissy charged an entrance fee and says she sang songs that were energetic and reminded her of her dad.

She is attending sessions with the hospice's *Seahorse Project*, which supports young people aged six to 18-years-old who have been bereaved and are struggling with their feelings.

Lissy's mum, Emma, said: "I think Lissy surprised herself with how much money she raised and was so happy to be able to give it to the hospice.

"We are all beyond proud of her bravery to be able to sing some songs that meant a lot to herself and her daddy."

St Wilfrid's Hospice provides high-quality care and support for people across Eastbourne, Seaford, Hailsham, Uckfield, Heathfield (and all points between) with life-limiting illnesses.

To find out more please visit: www.stwhospice.org



Lizzy at her concert.



Lizzy and dad Gavin.

Lightning Fibre supporting the community



LIGHTNING Fibre has been busy supporting good causes locally.

By **Peter Lindsey**

First, it raised more than £300 by taking part in the World's Biggest Coffee Morning, organised by Macmillan Cancer Support.

Second, it raised £2,000 for *St Wilfrid's Hospice* with its entry in the *Eastbourne Soapbox* race.

Soapbox participants are encouraged to build their own soapbox in order to race each other along the seafront. The race took place on Dukes Drive and finished at Helen Gardens.

Spectators watched wacky creations whizz around corners with the hope of staying in one piece by the time they reached the finish line!

And third, *Lightning Fibre* has supported Hailsham's new Artists' Bridge, which links London Road and Western Road and is unfortunately popular with taggers and graffiti artists.

The newly named 'Artists' Bridge' is now the home of over 70 mounted pieces of artwork.

Lightning Fibre has also launched in Polegate this month – pictured is Polegate Mayor Dan Dunbar.



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Live ON AIR!

EASTBOURNE Youth Radio (EYR) returns for 23rd year from 15th–17th November 2023 on 87.7FM and online at www.eyr.org.uk

By **Tim Sorensen**

Organised by Eastbourne Education Business Partnership and broadcast from studios at East Sussex College in Eastbourne, EYR will see students aged 5–19 from local schools present their radio shows covering a wide range of topics – much of it live.

This year's broadcast once again coincides with several notable events. Namely, *Anti-Bullying Week*, *Global Entrepreneurship Week*, *UK Parliament Week* and finally *BBC Children in Need*. Individual programmes will cover all of these during the packed 3-day schedule.

Wonderful opportunities

EYR is only made possible by the considerable support and involvement of many businesses and organisations that are detailed in the listing page opposite.

Alison Brewer, Director of *Brewers Decorator Centres* and lead sponsor for 2023 says, "We are delighted to once again support the *Eastbourne Youth Radio*, a very worthwhile project in our heartland of Eastbourne. We've seen first-hand the wonderful opportunities the project offers the students; developing organisational, technical and creative skills and giving the opportunity to delve deeper in topics that directly affect them and their future. We're very excited to get involved and hear what the young people of Eastbourne have to say!"

Providing support

We are very pleased to receive financial support again from the *Eastbourne & Lewes District Community Safety Partnership*. This recognises our work promoting *Anti-Bullying Week* and this year's theme 'Make a Noise About Bullying' plus raising concerns about increased knife crime. *Eastbourne & District Samaritans* will be covering important social issues around mental health and wellbeing.

Looking ahead to a packed schedule, *Southern Water* is back to talk about 'Clean Rivers' as well as those nasty 'Unflushables'. *Edwards Vacuum* and *LECS (UK) Ltd* will be discussing engineering and *VulcanEllis* and *Jenner (Contractors) Ltd* will be looking at construction. The team at *Radio DGH* will be promoting their work and seeking more volunteers. *Eastbourne Foodbank*, *East Sussex Healthcare NHS Trust* and *St Wilfrid's Hospice* will be sharing some important community messages and *Enterprise Shopping Centre* will no doubt have a word or two to say about Christmas!

Developing skills

EYR is all about enabling young people to research, produce, present and perform their own material in association with community partners for a family audience. From this they learn and develop a whole range of skills that they will find helpful in future life.

We hope that you enjoy listening to their work over the three days.



Programme Schedule

www.eyr.org.uk



Wednesday 15th November

Programmes kindly sponsored by:

10:00-11:00	EYR Launch Mix	Brewers Decorator Centres
11:00-12:00	Bede's Prep	Enterprise Shopping Centre
12:00-13:00	Polegate	The Observatory Science Centre
13:00-14:00	The Eastbourne Academy	Edwards Vacuum
14:00-15:00	East Sussex College	East Sussex Healthcare NHS Trust
15:00-16:00	East Sussex College	Eastbourne Foodbank
16:00-17:00	East Sussex College	LECS (UK) Ltd
17:00-18:00	East Sussex College	Eastbourne & Lewes District CSP
18:00-19:00	Answer Back!	W. Bruford
19:00-20:00	Radio DGH	Radio DGH
20:00-22:00	East Sussex College	Construction Industry Training Board
22:00-24:00	East Sussex College	Firebrand
**** Weather Reports Today		Eastbourne & Lewes District CSP

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Thank you to **Ditzy Media** for kindly providing Social Media and **CobbPR** for Hospitality Tea.

Thursday 16th November

Programmes kindly sponsored by:

24:00-04:00	East Sussex College	Eastbourne EBP
04:00-07:00	East Sussex College	Bournefree
07:00-08:00	East Sussex College	VulcanEllis
08:00-09:00	Ratton	Let's Do Business
09:00-10:00	East Sussex College	Neupauer
10:00-11:00	Stone Cross	UpCountry Stone Cross
11:00-12:00	East Sussex College	Southern Water
12:00-13:00	Meet the Media	East Sussex College
13:00-14:00	The Turing School	Mears Group
14:00-15:00	DV8 Sussex	Emperor Works
15:00-16:00	East Sussex College	Chalk Eastbourne, supported by Switchplane
16:00-17:00	Our CEO's Hour	Foundry
17:00-18:00	East Sussex College	Eastbourne Homes
18:00-19:00	East Sussex College	Southern Water
19:00-20:00	East Sussex College	Eastbourne & District Samaritans
20:00-21:00	East Sussex College	Domino's Pizza
21:00-22:00	East Sussex College	The Best of Eastbourne
22:00-24:00	East Sussex College	East Sussex College
**** Weather Reports Today		Ditzy Media

Friday 17th November

Programmes kindly sponsored by:

24:00-04:00	East Sussex College	Eastbourne EBP
04:00-07:00	East Sussex College	Recruitment South East
07:00-08:00	East Sussex College	Jenner (Contractors) Ltd
08:00-09:00	Cavendish	PRG Marketing & Comms
09:00-10:00	St. John's Meads	East Sussex Fire & Rescue Service
10:00-11:00	Cavendish Primary	Black Robin Farm
11:00-12:00	East Sussex College	St Wilfrid's Hospice
12:00-13:00	Cavendish	Blue Heart Project
13:00-14:00	East Sussex College	Eastbourne Borough Council
14:00-15:00	EYR Close Mix	The BIG Futures Show
**** Weather Reports Today		AFH Payroll Solutions



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G&S celebrate 11 years

GINGER & Sanders had a fabulous time hosting a champagne afternoon tea for clients and business associates to help celebrate their 11th Anniversary.

By **Gail McKay**

The event was held at East Beach Hotel on Royal Parade where everyone in attendance was treated to what can only be described as a fabulous spread of savoury and sweet delights.

Peter Sanders said, "We would like to thank all who attended and for the hotel staff for their excellent service and helping to make this a memorable event.

"We would also like to thank *Coppice Cakes* for supplying our birthday cake.

"We look forward to another year in business doing what we do best,



letting and selling properties. At *Ginger & Sanders* we are personally invested in the rental or sale of your property, and therefore deliver the best possible outcome for you.

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and ensuring that your rental or sale goes through smoothly and promptly.

"If you have any enquiries please call us on **701702**."

Into The Wild is theme for 2024 Carnival

EASTBOURNE Carnival is delighted to announce that registration for the 2024 event is now live!

By **Peter Lindsey**

The theme for 2024 is 'Into The Wild.'

This gives our community the chance to create marvellous, colourful costumes and displays around animals, birds, sea creatures, and flora and fauna and everything beautiful about the environment.

You can choose to take inspiration from Sussex, the UK, tropical rainforests, savannahs and beyond – the choice is yours!

Designed by local artist

The Carnival artwork for 'Into The Wild' has been designed by local Artist David Nokku.



Entrants will be supported with costume-making and dance workshops once again provided by local artists and dance troops, including *Cotton Candy* and *Cherry Dance*.

Sponsors and volunteers

As well as opening registration for entrants, organisers are also inviting interest from those wishing to sponsor/partner the Carnival, and to those wanting to volunteer as Marshals or bucket collectors.

Eastbourne Carnival will be held on Saturday 25th May 2024.

www.eastbourncarnival.com
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Davis TV celebrate 70 years

WELL known Eastbourne television and white goods retailers **Davis TV** at 34a Church Street, Old Town, celebrate an impressive 70 years trading in 2023.

A true family business, it all kicked off in 1938 when young Ray Davis asked his science master at school how he could learn about electronics. He was advised to join the RAF which he promptly did. The 2nd World war started the year after and huge resources were channeled into the development of RADAR, Britain's new secret weapon.

Radar development

Ray was sent to Iceland to work on the development of the RADAR net that warned us of incoming enemy aircraft. The skills he learnt in the RAF were the foundation of what would be his life's work, and in 1953 after several years of servicing radios and other electrical appliances he opened his first retail shop at 45 Church Street.



By **Mike Davis**



Rapid growth

Television was booming in Britain at the time and **Davis TV** grew rapidly from 1956 to 1964 from a single shop to branches in Seaford, Hailsham, Heathfield, with a service department at 80 Seaside Eastbourne and the flagship main branch on three floors at 52 Terminus Road, Eastbourne.

Rental contracts

Rental was popular because TV sets were expensive and unreliable, the average set requiring several service calls a year back then. Ray's rental business grew to over 1,000 accounts and quality, speedy service became key to his success, which still holds true to this day at **Davis TV** where they

still rent TVs, surprisingly some might say. But with technology changing so rapidly rental contracts still provide TV upgrades at no extra cost.

Skilled engineers

Of course, this technological change requires a skilled team of engineers. For example, **Davis TV** is a member of the *Confederation of Aerial Industries*, and their in-house ex-BT engineer can deal with all the complexities of the internal wiring and maintenance of high-end custom television installation. A service which includes online accounts and a full demonstration of all the functions available with such installations, along with access to a telephone helpline for ongoing help and advice. Commercial installations of projectors and large screen TVs are another service **Davis TV** offer, and they are *Sussex County Cricket Clubs* longest serving business partner.



Davis
TV · HiFi · Home Appliances

“

Davis TV is proud to have served the Eastbourne community for 70 years with the same dedication to customer care, and a level of service almost unique in this day and age.



Mitchell & Brown QLED TV range available in store. Established for over 60 years and all TV's come with 7 year warranty.

White goods

A new growth area for Davis TV is white goods like fridges, freezers and washing machines. Membership of the Euronics international buying group which enables very competitive pricing has enabled Euronics to sell more Bosch appliances than any other competitor in the UK. Service is provided by their fully qualified

white goods engineers, one of whom has been fixing appliances all his working life whilst his colleague is highly skilled at dealing with integrated white goods units.

Customer care

Now, seventy years after RAF trained electronics engineer Ray Davis started Davis TV the third generation of the Davis family is

firmly embedded in the business, with the same dedication to customer care, and a level of service almost unique in this day and age. Davis TV is proud to have served the Eastbourne community for 70 years and plan to continue to do so with the loyalty and support of their existing client base and warmly welcoming new TV and white goods customers with seriously good deals.



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St Wilfrid's Hospice

Lights of Love

Lights of Love is a treasured time at St Wilfrid's and we invite you to remember your loved one by placing a star on our beautiful tree.

At the beginning of December our Lights of Love tree will be put up in our garden, lit with 1,000 lights and adorned with stars carrying the names of all those we want to remember.

If you would like to add a name to the tree, simply go to stwhospice.org/love. You will also find information about remembrance events at the hospice and in the community there.

01323 434221 | stwhospice.org/love



Remembering together

As we look towards the end of 2023, St Wilfrid's Hospice is offering people in the local community the chance to remember their loved ones by placing a star on their Lights of Love tree.

Amongst those placing a star this year is Debbie, whose dad Ron was cared for by St Wilfrid's Hospice. 'My Dad battled cancer for five years before he was referred to St Wilfrid's for palliative care.' Said Debbie. 'He died in the hospice after 18 days of amazing care on the Inpatient Unit. For my family, Lights of Love is an opportunity to thank everyone for the care and support they provided at the most difficult time of our lives.

'Dad's care started long before his stay on the Inpatient Unit. The hospice home care team visited him at home every few weeks, making sure his symptoms were under control. We also had the support of the 24hr Nurse Line; there was always a friendly reassuring voice at the end of the phone to answer our questions. We were encouraged to visit the hospice too, and we were shown around by a lovely volunteer. Dad made the decision there and then that this was where he wanted to be, and nothing else would do.

'When Dad finally went into the hospice, we tried to make his room as much like home as possible; photographs and his

favourite music discs to play to him.

'He was a fantastic dad who loved his family and was so proud of us all. Although he was very quiet, he had a great sense of humour and had eyes that twinkled, like he was up to no good. He'd

sit in a room, and you could almost forget he was there until he suddenly piped up! He was so well cared for and virtually pain free until the end of his life. We cannot thank everyone enough for the care and support they gave.

'Our family will place a star on the Lights of Love tree this year and remember Dad together. I invite you to join us and remember your loved one with us. By making a dedication and a donation you will make a real difference to patients and their families when they are going through the hardest days.'

If you would like to add a name to the tree, simply go to stwhospice.org/love or call 01323 434221.



Another five years of arts and crafts at The Shed

HAMPDEN Park Shed is run by Age Concern Eastbourne, funded by National Lottery and offers crafting for over 50s.

By **Peter Lindsey**

And the good news is – It has received funding to continue for another five years at its base, 9 Brassey Avenue, Hampden Park.

It held a special celebration afternoon to mark the good news, pictured.

A spokesperson said: "This is a great place to experience the joy of pottering about in a shed, and having the opportunity to explore creative projects with arts and craft.



"We had a wonderful Continuous Celebration – massive thanks to all our supporters and volunteers who came along to celebrate with us.

"We danced, we ate cake, and we thoroughly enjoyed ourselves."

Age Concern Eastbourne celebrated its 75th anniversary on October 27th.



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PUBLIC EXHIBITION: Pevensy Bay to Eastbourne coastal management scheme

By **Sarah Martin**, Project Support Officer –
Pevensy Bay to Eastbourne Coastal Management Scheme

We are sharing the shortlist for Phase 1 of the Pevensy Bay to Eastbourne Coastal Management Scheme.

Come and see how we will manage the beach for approximately 10 years from 2027.

Members of the project team will be hosting a series of public events at various locations during November. Please see table for more details.

We will also be running an online Q&A session with the project team on Monday 4th December 12:00–14:00.



Saturday 25th November	9:30am – 12:00pm	Langney Community Centre, Eastbourne BN23 7DX
	2:30pm – 5:00pm	Hampden Park Community Centre, Eastbourne BN22 9NR
Tuesday 28th November	9:30am – 12:00pm	St. John’s Parish Hall BN20 7QT
	2:30pm – 5:00pm	Leaf Hall Community Arts Centre, Eastbourne BN22 7NB
Friday 1st December	9:30am – 12:00pm	Sovereign Harbour Community Centre, Eastbourne BN23 6JH
	2:00pm – 4:30pm	St Wilfrid’s Church Hall, Pevensy Bay BN24 6EZ

Further details will be published on our website:
www.pevenseyandeastbournecoast.co.uk

and Facebook page: www.facebook.com/PevensyandEastbourneCoast

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A special way to remember – at Christmas time

THE *Tree of Light* is very special to so many people.

By **Peter Lindsey**

Each December, Rotarians in Eastbourne come together to stage a service – this year is Sunday December 10 at 4pm outside the *Congress Theatre*.

"This is a very special afternoon for many people. Everyone is welcome to attend – we serve hot drinks inside the Congress, the service is inside, then we go outside by the Tree to remember.

The Tree is a symbol of remembrance and it's a way of remembering loved ones.

"There will be readings, songs and music, and if you wish there is the opportunity to tie a ribbon to the tree yourself."

It is covered in a host of white lights and white ribbons in memory of that special person – or indeed people – no longer with us.

Sponsors enable around £7,000 each year to be donated to local charities.

Di Hammond, Joint President of *Eastbourne AM Rotary Club*, said:

Go to: <https://www.rotary-ribi.org/clubs/homepage.php?ClubID=1859>

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The light fantastic

MAKE sure you have Friday November 24th in your diary...

By **Peter Lindsey**

That's the date when Hailsham will officially switch on its Christmas lights.

The town is gearing up for a spectacular show in Vicarage Field, featuring festive entertainment in addition to the big switch-on, which will see the town centre transformed into a winter wonderland of twinkling Christmas lights.

Pupils from *Hailsham Community College* and *Hailsham Primary Academy* will be carol singing before the official switch-on and Santa will be attending (courtesy of *Hailsham Rotary Club*), handing out sweets to children. *Hailsham FM* will be broadcasting live and playing popular Christmas tunes at the event.

A new addition to the switch-on event this year will be a range of market stalls selling Christmas gifts, food including slow-cooked pork, plus *Hailsham Lions* will once again have a candy floss stall.

The special guest appearance this year will be from *Star Wars* costume performers 'Vader's Raiders', who will be providing photo/selfie opportunities and will be switching on the town's Christmas lights.

Hailsham Parish Church will be open after the lights switch-on, serving free hot drinks.

Mayor Councillor Paul Holbrook said: "The Christmas lights switch-on is always one of the highlights of the year in the town centre and indicates that festivities are underway. I hope many people decide to attend the event, enjoy the entertainment on offer and get in the festive spirit with their friends and family."

Matt's marathon run

A PROUD dad who ran the Brighton Marathon in memory of his young daughter after she passed in her sleep aged just three has raised more than £25,000 for charity.

By **Peter Lindsey**

Matt Vince, 31, a construction worker, decided to run his first ever Marathon back in April for Chailey Heritage Foundation, where daughter Luna-Rose Vince attended.

Matt lives in Bodle Street Green near Hailsham and trains at *FFH Gym* in Station Road, Hailsham.

His target was to raise £5,000 for *Aquamovers* – a group providing expert therapy and socialising for babies and pre-school children with very complex disabilities and health needs, at the charity, based in Mid Sussex.

Luna-Rose and mum Sam were regular attendees at the sessions.

He smashed that target by more than £20,000 – and the money he raised will keep *Aquamovers* going for two years.

Matt said: "I am over the moon to have raised so much money and to be able to make such a big difference to other families.

"*Aquamovers* is very special to me and my family because it was so beneficial during some very tough times.

"I feel lucky that I was able to run a Marathon for such a wonderful cause."

Matt and three friends – Hugo Porpora, Archie Quinn and Leon Collen – finished the Marathon in four hours 21 minutes.

He suffered a knee injury early on but the four stuck together, enabling him to raise £25,129. Matt and friends visited the charity recently to hand over the money.

Matt's daughter Luna-Rose died last October aged just three.

She was born in 2019 with a rare genetic condition – Global Development Delay, which meant she was immobile, non-verbal and had frequent epilepsy seizures.

Will Folkes, Head of Fundraising at *CHF*, said: "We have such great admiration for Matt and what he has achieved.

"It is never easy running a Marathon, but we all want to pay tribute to what the four have achieved.

"Matt and team – Thank you very much from everyone here at *Chailey Heritage Foundation*."

He is now planning further fundraising for *Chailey Heritage Foundation* in 2024.



Find out more about *Aquamovers* here: www.chf.org.uk/aquamovers.html

Chailey Heritage Foundation is a charity providing education, care and transition services to children and young adults with complex physical disabilities. Their mission is to give disabled children and young adults every opportunity to pursue their fullest potential.



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
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We offer the community:

- Volunteering opportunities
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Photo: Nic Gray PA.



Andy Burt.

New Registered Manager joins The Chaseley Trust

IT'S a warm welcome to Andy Burt.

By **Nic Gray**

We are thrilled to introduce Andy Burt, who joined the team last month as Registered Manager.

Having qualified as a general nurse in 1996, Andy has worked across a number of NHS, Charity and private healthcare organisations. The majority of this time has been spent working in various hospices across the county and the one main take home message he has learnt during this time is that every organisation is different.

As a District Nurse he enjoyed working within various health settings including a broad range of care and residential homes across East Sussex. One key focus that was reinforced time and time again, was the need to respect each resident, patient, service user as an individual. This remains close to Andy's heart today and he is passionate about tailoring our care to meet people's needs in the way they want to be cared for.

Whilst he has spent only a short introductory period with some of our service, Andy has already seen a level of care and attention that stands out.

He has been fortunate enough to start meeting some of the residents under our care and listening to life stories and the like. Each resident we care for is as individual just as much as you and I and in time he is keen to ensure that he play a key part in maintaining our strong focus on providing a good standard of individualised care to every resident.

This is an exciting time for us here at *The Chaseley Trust* as we look to

tell the story of *Chaseley* and our residents in more detail, to spread the word about our amazing Charity and to promote some great fundraising events in the near future.

Watch this space and please do get in touch if you would like to donate, volunteer, or help spread the word.

If you feel like you could support *Chaseley* by making us your Charity of the Year or potentially host an event on our behalf, please contact us on **01323 744200** or fundraising@chaseleytrust.org

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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.

Eastbourne Business Awards 2023: Celebrating Excellence and Innovation

The Eastbourne Business Awards are back for another year- recognizing outstanding achievement, innovation, and dedication within the local business community. Mark your calendars, as tickets for this prestigious event are now on sale, promising an unforgettable evening filled with inspiration and celebration.

The Eastbourne Business Awards have become a hallmark of the region's business calendar, showcasing the exceptional talent and resilience of entrepreneurs, start-ups, and established companies alike.

The 2023 edition, hosted by the Eastbourne Chamber of Commerce, promises to be the most remarkable yet.

This year's event awards night takes place at the Winter Garden on Friday 3rd November at 6.30pm with a dress code of 'Dress to Impress, (Black Tie preferred)'. You can't be over dressed, so go for glamour!

As the curtain rises on the 2023 awards, attendees can expect an evening brimming with excitement and glamour. The event will be hosted by the talented Jo Enright, (Ricky Gervais' 'After Life',

'The Job Lot' (Netflix), 'HBO's 'Life's too short', Peter Kay's 'Phoenix Nights', and much more), promising a great night of entertainment amongst Eastbourne's vibrant business community.

Attendees will have the opportunity to network with like-minded professionals, forging valuable connections while enjoying delectable cuisine and live entertainment throughout the evening.



Tickets are now sold out. For more information visit eastbourneunltd.co.uk/events for November 3rd.

For media enquiries, please contact Christina Ewbank on 01323 641144.

For more info, please visit: www.eastbournebusinessawards.co.uk

Children bring a slice of history to The Beacon

Budding young artists from six schools have helped bring history to life at The Beacon centre in Eastbourne.

Children aged five to 11 took part in the art project, which saw the students visiting historic sites around East Sussex to help their artistic endeavours.

Bourne Primary School art co-ordinator Debbie Harris said her students carried out the artwork on top of their normal lessons and studies. "School life is very busy, so fitting in activities beyond the curriculum takes dedication by the staff and a willingness by the children," she explained.

"We chose the Battle of Britain over Seven Sisters for our artwork. It is an iconic view over the South Downs, and students drew a couple

walking towards the Coastguard Cottages as the Battle of Britain rages overhead," Debbie said. "The subject related to one of the children's history topics."

The artwork was completed on one panel, which was carried from class to class. Pupils were invited to paint different areas.

"The sky and clouds were painted by pupils in Year 1," Debbie continued. "Years 2 and 3 painted the fields and bushes, and Year 4 painted the sea and shadows. Year 5 added details to the landscape and Year 6 painted the planes."

Another school taking part was Pevensey & Westham Primary School. Hollie Wrapson, who organised the students, said the children chose Pevensey Castle as the focus for the project.

"Our school is situated next to this historic castle and it was fantastic to look at it from an art perspective," Hollie said. "Children participating ranged from Years 4 to 6 and they thoroughly enjoyed designing and creating the panel. I was amazed by their creativity and dedication to the project."

The Beacon General Manager Mark Powell said he was delighted with the six panels submitted by the schools.

"We are committed to supporting our schools and colleges, and I was delighted to link up with six primary schools to show off the artistic skills of the students," Mark said. "I would encourage shoppers and visitors to take a minute to visit these excellent pieces of art."



The six panels are on display opposite Tui Holiday Store. Schools taking part were:

Roselands Infant School, The Haven CE Methodist Primary School, Stafford Junior School, Pevensey & Westham School, Tollgate Community Junior School and Bourne Primary School.

New members for October

Str/eat Greek • Beauty Boss • The Harbour Handy Team • N.Crossey & Associates • Coastal Property Holdings • Sussex Man and a Van • Aromatherapy with Nicki • Admin Plus • East Sussex Veterans Hub • Dynasty Wills and Estate Planning • RIVER ODP • Green Fig Catering Company • Victoria Butchers Eastbourne • Kirstie Groves Coaching • Your Little Moments • Recorra • Luxor Wellbeing • RLB Purchasing Consultancy Limited

Help yourself look and feel great this autumn!

Jane Long is a holistic therapist and wellbeing practitioner. Based in East Dean, she uses reflexology, mindfulness coaching and EFT to help people reduce their stress, and manage depression, anxiety, and pain.

Ahead of a series of skin-nourishing workshops, Jane gives tips to look and feel great through autumn and into winter.

“Firstly, nourish your skin from within. Herbal teas are a great way to start the day, as warm water is more easily absorbed by the skin. Rooibos is a source of Vitamin C, which reduces inflammation and redness, whilst green tea is packed full of antioxidants and polyphenols. Jasmine tea contains polyphenols



that destroy free radicals, which can be responsible for wrinkles, reduced elasticity in the skin, dark spots and other signs of deterioration.

Eating colourful, seasonal foods provides vital nutrients and helps support vital liver functions”.

When it comes to skincare, being gentle and kind to your skin is key, as Jane explains:

“Dry skin brush your body to improve the lymph circulation. Apply a warm compress to your skin and follow with a cool rinse- the warmth gently causes the capillaries to dilate, and the coolness will help to build up the skin’s natural resilience.

Use a muslin cloth to gently buff the surface of the skin. This will



clear any dead skin cells and prepare your skin for your favourite cleanser...perhaps a balm at this time of year. Then apply a nurturing moisturiser to finish. This can be done two or three times per week”.

Jane Long is holding 2-hour mindfulness and skin nourishing workshops at Sheppard’s Café, East Dean on 14th November and 12th December at 3pm.

To find out more, please visit www.janelongwellbeing.com

Meet Steve Christmas, Founder of Life Planning Solutions

Learn how Estate Planning, Wills, Probate Services and Funeral Plans can provide peace of mind for you and your family.

Steve Christmas worked as an independent financial advisor for three decades and during his career, he experienced a lack of Estate Planning by both the public and in businesses. Upon his retirement in 2013, Steve retrained and set up Life Planning Solutions to provide independent, personal advice, as an alternative to solicitors and banks.

Life Planning Solutions (LPS) is based in Eastbourne and covers both East and West Sussex. They specialise in Wills, Trusts, Lasting

Power of Attorneys (LPAs), and Fixed Fee Probate Services.

As an Associate Member of the Institute of Professional Will Writers (IPW) and APS Legal and Associates, Steve is qualified to give advice and is bound by the strict code of conduct of the Institute of Professional Will Writers. He also carries £2.5 million of professional indemnity insurance for your protection.

At its heart, Life Planning Solutions is dedicated to helping improve understanding of Life Planning to help people make the best decisions for their estate. Each month, Steve Christmas visits Eastbourne DGH and the Conquest Hospital, where



he holds a stall to meet staff and give advice on Wills and LPAs. As a proud supporter of the NHS, LPS is a member of the NHS Staff Discount Scheme and offers a discount to NHS staff and families.

Understandably, people have reservations about planning their Will, but making important decisions now, can spare your loved ones future anxiety.

As Steve puts it: *“not only do you need to make a Will- you also need*

to make sure it is the right type of Will - one that is professionally drafted to take into account your wishes and your personal and financial circumstances. You owe it to your family and loved ones not to leave a problem when you pass on or you are unable to make decisions for yourself brought on by an accident or illness”.

If you would like to know more about Life Planning Solutions, you can visit www.life-planning-solutions.co.uk

Join today and reap the rewards!

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

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

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Housebuilders win awards – and help charities

THE Park Lane Group has completed its latest development in Eastbourne, named Wateringbury Way, on time – and helped two charities at the same time.

By **Peter Lindsey**

And what's more – this project near to Shinewater Park has been named the 'Best Exclusive Residential Development, South East England.'

The company has also won 'Independent Housebuilder of the Year 2023, South East England.'

A spokesperson said: "It's wonderful recognition of the care and effort that goes into each and every home we build and the client service we extend from start to finish."

The Park Lane Group helps charities and for every external sale, it has donated to the *Matthew 25 Mission* and *Absolute Angels* to help them support people who are homeless, vulnerable or struggling on low incomes.

To date, it has donated more than £12,000 – a total that's set to rise further as it completes on more homes.

Oscar Plumley, Charity manager at *The Matthew 25 Mission*, said: "Your kindness and generosity enable us to make a significant impact on the lives of those who need it most."

"We believe that every act of kindness has the power to create positive ripples in our community."



Cuckmere buses

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We look forward to welcoming you aboard and to join an organisation where everyone is a volunteer.

For timetables and other information about us, visit:
cuckmerebuses.org.uk

Rail – the scenic way to travel

LAST month I was writing about the joys of some of the iconic rail journeys, but it has been noticeable this year how many straightforward rail bookings we have done for travel to European destinations.

By **Martin Wellings**, Personal Service Travel

Rail has become so easy with the Eurostar service through the tunnel, but many think that the price differential between this form of travel and air is as it was in the sixties or seventies when flights were always a lot more. In fact, there is still this differential, except it is the other way round: air is cheaper.

Although I had read about it, before my first experience last month I had not come up against the “drop off charge” of £5 imposed by Gatwick – a fee to deliver passengers who had paid to use the airlines and airport! To me, this makes as much sense as a shop installing a turnstile in order to have the “privilege” of entering their shop. To add insult to injury, payment couldn’t be made at the airport, but had to be done when I got home, which took a lot longer than the three minutes it took me to drop someone off. Apart from the irritation of having to do it, I couldn’t help wondering what those people without computers did, because as I have frequently said, large organisations simply do not grasp the fact that many people do not have them!

Something else that I have yet to experience, is the new Elizabeth line in London, and I wanted to see what it was like to get to Heathrow. By what I have seen, it seems that we can get



on the Victoria train, change same platform at Haywards Heath and then go direct to Farringdon where you can board the Elizabeth line for a thirty-five-minute journey to Heathrow.

Time seems to be zipping by, and we have been booking 2024 holidays for some while, and now we are receiving cruise line details for 2025 and beyond: only recently we had details of the *Silversea* cruises covering winter 25/26. A word of warning here about *Silversea* who operate some great cruises on smaller ships coupled with a first-rate service, as the problem is the same as having once travelled by air on Business class – once you know what it *could* be like, you don’t want to go back to the alternative!



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Top marks for the new Seafront Team!

THEY were new to Eastbourne in 2023 – and what an amazing job they have done.

By **Peter Lindsey**

The Friends of Eastbourne Seafront Welcome Team has worked incredibly hard this summer, and Saturday 30th September was their last day of the season.

They have been welcoming, talking to, helping and directing visitors and locals since Easter.

They have answered all sorts of questions, directed hundreds of



people to amenities and places of interest, and encouraged visitors to explore our lovely seafront and town.

They have been out in all weathers and helped out in emergency situations.

They have also reported anything damaged along the seafront, resulting in a quick response from *Neighbourhood First*.

The Welcome Team will be back in their distinctive blue jackets next Easter, and the *Friends of Eastbourne Seafront* hopes even more will join the team and will be recruiting early next year.

For more information email: gaynor@friendsofeastbourneseafront.org.uk

For now, many, many thanks to the 2023 Welcome Team!

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



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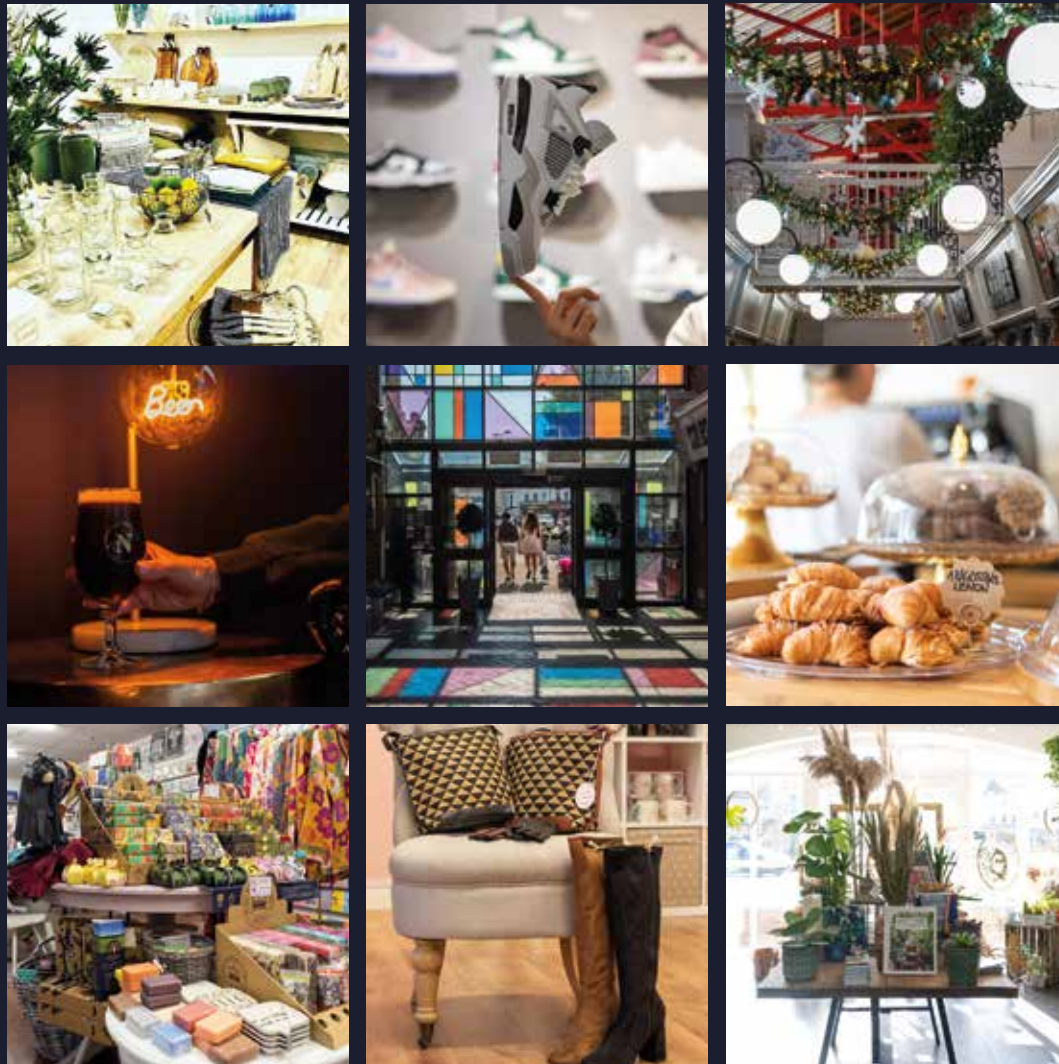
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Journeys gears up for a bumper Christmas season

IT has been an amazing first ten months for Marina and Amy at *Journeys* restaurant and wine bar in Station Parade.

By **Peter Lindsey**

Now – after a bumper summer – they are looking forward to a busy and very successful festive season in November and December.

Group bookings are available for Christmas – it's the ideal place for your Christmas party. The maximum number is 26 seated or 30 if a buffet. You must book well in advance so call today!

There are also special dinner menus available.

Marina said: "What we offer is unique and bespoke top quality homemade food, all adding up to great value."

Wine library

Journeys also has a big retail side called the 'wine library' with wonderful great value wines to go with your Christmas dinner.

You will find some unusual champagne that you can't find in supermarkets and some classic red wines from France and English sparkling!

The wine shop is open on the same opening hours of the restaurant – Tuesdays to Saturdays – so do not hesitate to come and have a chat with Marina, the "certified Sommelier" of the house!

She said: "We have some French classics, we have duck, terrine,

baked brie with cranberry sauce, seafood including salmon and prawns, and so much more to offer.

Our menu will be very focused on a modern European style with some classics and twists!

"It can be à la carte if you wish with festive twists but if you want our special Christmas menu then you need to pre-book.

Huge success

"Our festive Group Menu is already getting loads of interest and promises to be a huge success."

The cost for two courses including a glass of fizz on arrival and pig in blankets is £36 with a three-course festive option.

Three courses is £42.

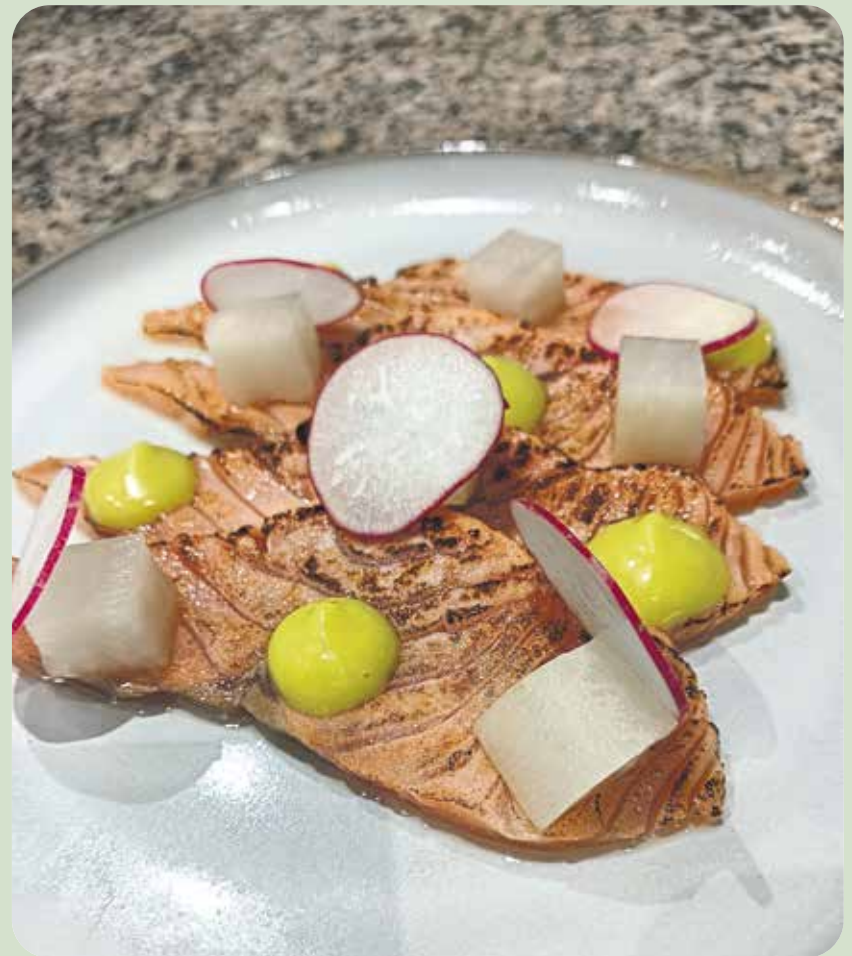
Amy said: "The quality of the food will be amazing. Come and celebrate Christmas at *Journeys* in a very, very special way."

The Christmas menu runs from November 28th until December 23rd.

Gift vouchers

You can also purchase a gift voucher at *Journeys* which will make the perfect gift for your loved ones!!

It lasts one year and can be used for the wine shop or restaurant.



“**What we offer is unique and bespoke top quality homemade food.**”



**6 Station Parade
Eastbourne BN21 1BE**

**01323 430376
info@journeyswinebar.com
www.journeyswinebar.com**

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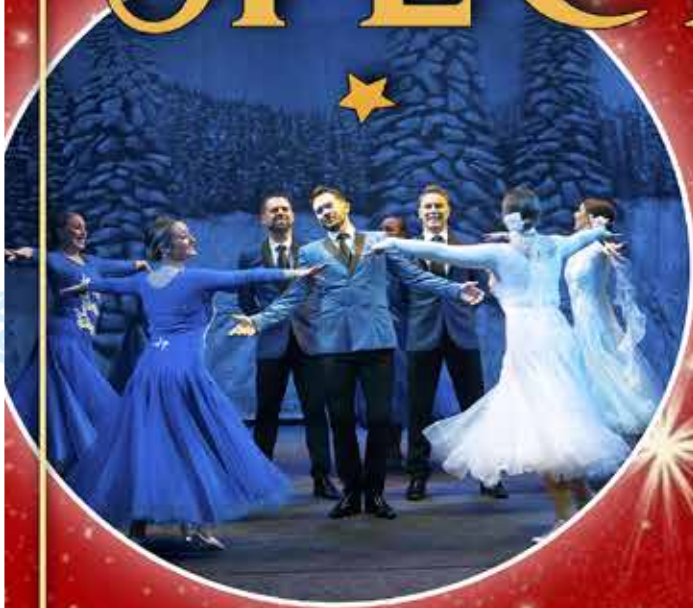


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22ND - 25TH NOVEMBER

NIGHTLY 7:30PM (MATINEE SATURDAY 25TH 2:30PM)

TICKETS £16 - £18



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Beans & Buds

MANY people will know *Ann's Flowers* as a longstanding Florists in Eastbourne running for over 27 years.

By **Gail McKay**

Situated at Framfield Way, halfway up Rodmill Hill, it is definitely still a Florists... but oh so much more too.

Ann's Flowers is now run by Danielle. A trained florist for over 25 years she had a passion and desire to make the business her own by giving it a new look and feel. After a year of trading solely as a Florists she decided to incorporate a

Coffee Bar into the shop and '*Beans & Buds*' was born.

The Coffee Bar is run by Danielle's partner Julia, who is also a trained florist, making her a 'Florista'! Their coffee has a reputation of its own, and alongside a selection of bakes (many provided by two local businesses), *Beans & Buds* opens daily from 9am – 3pm.

The Florist side is managed by Danielle. Offering everything from a handtied bouquet to a full floral wedding package, her creative eye



and keenness to detail means a personal touch for everything she makes. Customers can now sit in the calmness of the shop when they need to order funeral tributes or discuss wedding flowers and have a coffee or tea whilst receiving a calm and private consultation. Ann's not only offer local delivery but, as of October, offer National delivery too.

Alongside flowers and coffee there is a selection of plants, pots, giftware, cards, bespoke handmade local chocolates and candles available to choose from. Christmas

Wreath workshops will also be running throughout December, bookable on their website.

A hidden gem where you can sip great coffee amongst plants, flowers and gifts... what could be better?

A Christmas fayre is planned for Saturday 9th December on Framfield Way.

**20 Framfield Way
Eastbourne BN21 2RB
01323 430846
www.beansbuds.co.uk**



By **Gail McKay**

"We are so happy to say thank you to all our customers. We've had such a great year, bringing new interior wares into the shop to complement the beds."

Craig has an eclectic approach to style, that is almost instinctive. He can create a harmonious vision that appeals to a wide range of tastes.

He has themed the areas mixing turquoise velvet up with gold

accessories. "I love showing the customers how they can put pieces together."

Quirky ostrich lamps sit comfortably next to starburst mirrors. If you like statement pieces, the 'RED' corner has faux fur cushions, hat boxes and plush upholstered chairs.

The shop takes its style cues, from British heritage, think botanical prints and Chesterfield influenced upholstery, from French ornate detailing, and adds a dash of a global travel.

Sussex style

STYLISH interiors guru, Craig Ashdown is thrilled to announce a special, one day only event, 20% off the entire stock. Including beds!

Mr Beds has come a long way very quickly, it's now an absolute treasure trove of unique finds, and Craig demonstrates how you can mix different styles confidently, and with finesse.

If your home needs a refresh before Christmas, pop in on the 18th November for a browse, place an order and enjoy a glass of bubbly from 12 o'clock.

**21/22 Cornfield Terrace,
Eastbourne BN21 4NS
01323 739416
www.mrbeds.co.uk**



Sardinian honey tasting event

9th and 16th November 2023.

By **Gail McKay**

Known for their authentic Sardinian food, Carla and Davide are holding another exciting tasting evening at their beautiful café/restaurant.

These events are always a sell out, so book early.

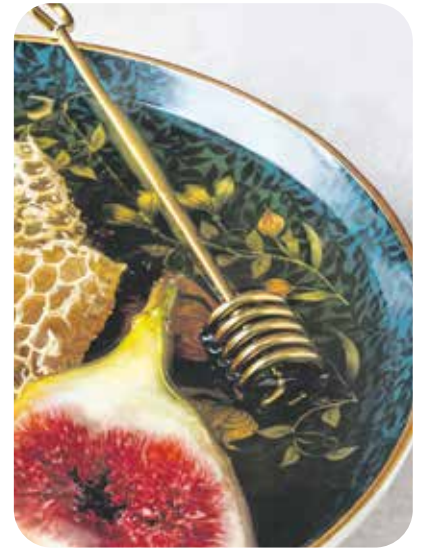
Kirsty Geary is a Bologna Trained Honey Sommelier, and the team at *Ancient Grains* know that it's an incredible coup to have her

alongside their honey inspired menus, where everything, food, wine and honey, is from Sardinia.

Kirsty, will be guiding you through a tasting of four different mono-floral honeys, all from Sardinia.

This will then be followed by a delicious Pairing Menu, with dishes created specifically to showcase the flavour notes of each of the honeys.

The menu comprises of hot and cold dishes and sharing platters, both savoury and sweet, allowing the flavour of the different honeys



to shine through, so you can appreciate how special and versatile they can be.

She will then explain what a wonderful sensory journey she will be taking you on, as you learn to savour and distinguish the aromas, colours and flavours of each honey. The honeys will be tasted 'blind'.

The honey featured will also be available to buy.

All attendees will be given their own Honey Tasting Kit (with 1oz jars of each of the four honeys, tasting sticks, a colour chart, aroma wheel and Tasting Notes sheet to fill out).

Tickets are £55 per person.

For reservations, please contact: ancientgrainsbookings@gmail.com

07933 400627

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Be Enchanted by the Ultimate Pantomime

A cast of West End talent, plus live band – this pantomime extravaganza is sure to bring magic and memories to treasure this festive period

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Hydro Hotel Christmas Day give away

THE Hydro Hotel has been hosting guests for Christmas Day lunch since 1895 and for 2023 will continue this tradition and at the same time give something back to local people.

By **Stephen Callis**

We would like to host six individuals who would otherwise be on their own on Christmas Day. We will be providing a table for six guests and serving a four course festive lunch followed by coffee and truffles.

We would like your help to nominate a guest

Do you know of anyone that is going to be on their own on Christmas Day? Perhaps a friend, neighbour, colleague or extended family member. They would need to make their way to the hotel on Christmas Day but would be fully hosted by us as part of the wider Christmas Day lunch celebrations at the hotel.



To enter, please send the name of your nominated person and a brief passage on why they should be chosen. Email your nomination to: jonathan.owen@hydrohotel.com

Please see our website for further details of the festive season throughout December.

Six people will be selected and the nominating person for each one will be notified in the first instance.

December festivities at the Hydro Hotel

Throughout December we will be serving a festive lunch and dinner daily in the *Crystal Restaurant* plus festive afternoon tea in our lounges and *Conservatory Restaurant*.

Hydro Hotel
EASTBOURNE

Mount Road, Eastbourne BN20 7HZ

www.hydrohotel.com
01323 720643
Facebook Instagram @HydroHotel

It's time to get your colouring skates on!

LIGHTNING Fibre's Ice Rink schools colouring competition is back!

By **Harry Farmer**

After the success of last years schools colouring competition, it returns BIGGER and BETTER.

Sponsored this year by *Lightning Fibre* and *Signtek*, schools across Eastbourne will be supplied with

bespoke colour in design packs to encourage their children to take part in this exciting competition.

Prizes Prizes Prizes!

The prizes this year are amazing! *Lightning Fibre* will give away 1Gb for a year to 5 winner's homes.

The overall winner's artwork will be vinyl wrapped on a *Lightning Fibre*



Last years judge Lara Groves overseeing the selection process.

cabinet near the winners school and they will be invited to cut the opening ceremony ribbon on Saturday 9th December at this years *Lightning Fibre's Ice Rink*, situated outside *The Enterprise Shopping Centre* and *Eastbourne Train Station*.

And if that's not enough... the 5 winners will get a pair of tickets to skate for free on Saturday's opening session at 10am.

So come on! Let's encourage all children to get involved.

Teachers and parents, please register your interest and have packs dropped off at your school soon.

Lightning Fibre's Ice Rink will be running from 9th to 31st December.

Contact the *Festival Events* team at info@festival.events today.



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Seasons

Get a festive plan

It's time, to make that plan. It's probably going to involve your finest outfit in the company of the finest of friends and colleagues. Make The Lansdowne your destination of choice. Glorious window seats looking out to the Western Lawns, and fabulous dining at a similarly fabulous price in 1912 Seafood & Steak from the always good Seasons menu. Looks like you already have a plan.

1912 Seasons
£24.00
Two courses per person

Festive Afternoon Tea
£24.95
per person

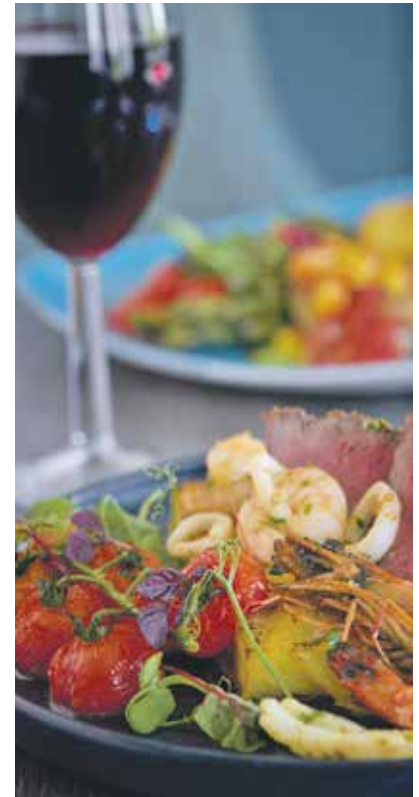


Always festive



THE LANSDOWNE

King Edward's Parade, Eastbourne BN21 4EE www.lansdowne-hotel.co.uk **01323 725 174**   @lansdownehotel



December festivities at The Lansdowne

NOW we are in November we are planning ahead for the festivities during December and do hope you get the chance to join us.

By **Stephen Callis**

Prior to the festive season we continue with our all day dining in 1912 Seafood and Steak with two courses for just £24, so please do drop by and enjoy a meal this November.

December festivities at The Lansdowne

All reservations and enquires for the below can made directly with us on **01323 725174** or **enquiries@lansdowne-hotel.co.uk** unless otherwise stated.

Festive Afternoon Tea

Relax in our lounges and treat yourself to some indulgence with

our festive afternoon tea, inclusive of a selection of finger sandwiches, festive cakes and pastries, warm scones with jam and clotted cream, plus tea or coffee. £24.95 per person, £29.95 with a glass of Prosecco. Available from Friday 1st December to Saturday 23rd December.

Private Festive Lunches or Dinner

Enjoy a three course Christmas meal with coffee and mince pies with colleagues, friends or family in a private room. From £33 per person based on a minimum group of 10 guests. Available from Friday 1st December to Saturday 23rd December.

Celebration Wine Pairing Dinner – Friday 1st December

Commence the start of the festive season with local Sussex wines from *Bluebell Vineyard Estate* at Sheffield Park. Enjoy a three course dinner with a selection of sparkling and still wines, hosted by *Fizz on Foot*. £85 per person. Book via **fizzonfoot.com**

Traditional Disco Party Night – Thursday 14th December

Our festive party nights are proving very popular and as a result we only have one date still available - but be quick! Join in the fun with our festive party night on 14th December with dancing until midnight. Includes three course festive dinner with coffee. £49 per person

Gift Vouchers – Black Friday Sale Coming Soon!

For four days only we will be discounting all of our gift vouchers. Choose from afternoon tea, dining, accommodation

or monetary vouchers. All are available for purchase online and can be sent electronically to the purchaser or recipient – and even set to arrive on Christmas Day. **Sale will be live on our website between Friday 24th and Monday 27th November.**



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

www.lansdowne-hotel.co.uk
01323 725174
enquiries@lansdowne-hotel.co.uk
f @lansdownehotel



Hydro Hotel
EASTBOURNE

Christmas Festive Lunches

Throughout December celebrate with friends, family, colleagues and clients. The Crystal Restaurant is available for lunch and dinner throughout the week and is the perfect location to enjoy our festive menu. Three course Christmas lunch with festive novelties - £29 per person.

Monday to Saturday 12.30pm – 2pm
1st December to 23rd December

Gift vouchers

Treat a friend or a loved one to a Hydro Hotel gift voucher. Choose from afternoon tea, dining, overnight stays or monetary vouchers.

Available for online purchase and delivery.

hydrohotel.com/gift-vouchers

Black Friday Gift Voucher Sale

24th to 27th November

Hydro Hotel Mount Road, Eastbourne,
East Sussex BN20 7HZ

01323 720643 hydrohotel.com



View our
Christmas
menu
online



Pub launches Community Dinner Evenings



THE Wheatsheaf Inn at Willingdon is a popular pub all year round – but now it has launched something that little bit different.

By **Peter Lindsey**

It is running a Community Tuesday, and here landlady Karen Clapton explains what it's all about:

"We understand how much the cost of living crisis has impacted everyone, and we know that for many, disposable incomes have reduced.

Luxury for many

"Supporting your local pub has become a luxury for many.

"The pandemic was a difficult time for everyone and people's custom and loyalty over the past five years has not gone unnoticed."

There is now a *Community Dinner Evening* at *The Wheatsheaf* every Tuesday. There are two sittings – at 5:30pm and 7:00pm.

You must pre-book.

Board games will be available to play during your meal and there is also the usual Tuesday Quiz at 8pm.

Cost is £8 per adult and £4 for children under the age of 10.

The food will be served community-style as a sharing meal for each table.

Call **01323 502069**.

The very best Mexican food – and it's here in Eastbourne

A LITTLE piece of Mexico in Eastbourne – That's what you can expect when you visit the amazing El Chagarro in Church Street.

By **Peter Lindsey**

Khalesh, a 30 years experienced chef born in London and Catalina, a designer from Mexico City serve 100 percent authentic Mexican food in an incredible setting of a Grade Two listed building designed in 1927.

It opened as a takeaway in February and became a full restaurant in May.

Locals absolutely love it.

Kal said: "So much love and passion goes into making the food, it is real Mexican food".

We know how people eat in Mexico and we duplicate that here. We use family recipes from different parts of this amazing country.

"Every dish takes hours of prep and work – we take incredible pride in everything we serve."

The restaurant – part of *The Tally Ho* building – is open 5 til 9pm Tuesday to Saturday.

Catalina said: "We play lovely Mexican music and we serve Mexican beers as well. You have to come to try a real Mexican experience. See and taste the real flavours from my homeland.

"People feel like they are in Mexico when they come here. The atmosphere is very relaxed and there are some communal tables.

"It really is a little hidden gem here in Eastbourne."

Tally Ho Lounge, 42 Church Street, Old Town BN21 1JB

elchangarrouk@gmail.com



New owners for Rostick

BARBARA and Luis would like to welcome you to *Rostick*, having very recently acquired this popular Italian restaurant, they are keen to emphasize that it is still the same.

By **Gail McKay**

The menu hasn't changed, and neither has the chef, Mihail.

Barbara and her husband were no strangers to the restaurant. It was in fact their favourite place in Eastbourne, they always had date nights, and celebrated birthdays and family occasions at *Rostick*.

They have always loved the fresh locally sourced meat and fish, and the welcoming atmosphere.

They only change you may notice is the addition of seasonal specials designed around the fresh fish they can source.

The signature dishes remain, including Brodetto Di Pescatrice, which is monkfish, cooked and served in a terracotta pot.



The founder, and previous owner of *Rostick*, Lorenzo, is from Abruzzo, a region of Italy known for its proximity to the Mountains and sea. Both of which influence the food.

The name *Rostick* comes from a local recipe for Mutton skewers, Arrostiticini) a dish famous in Abruzzo, where the more mature meat flavour is favoured over the younger lamb.

Lorenzo is delighted that his authentic reflection of Abruzzo is passed on to a new owner with the same commitment to food and tradition.

The décor also remains the same, it's clean and fresh, with a botanical

theme inside and out, and stunning front terrace with plenty of seating. Wonderful for watching the world go by.

The function room is perfect for private parties where the menu can be adapted to a seated intimate gathering, or a delicious spread of Italian delicacies. You could even hold a cocktail party as there is a fully stocked cocktail bar.

Barbara, Luis and the team are eager to welcome you to their own date night restaurant.

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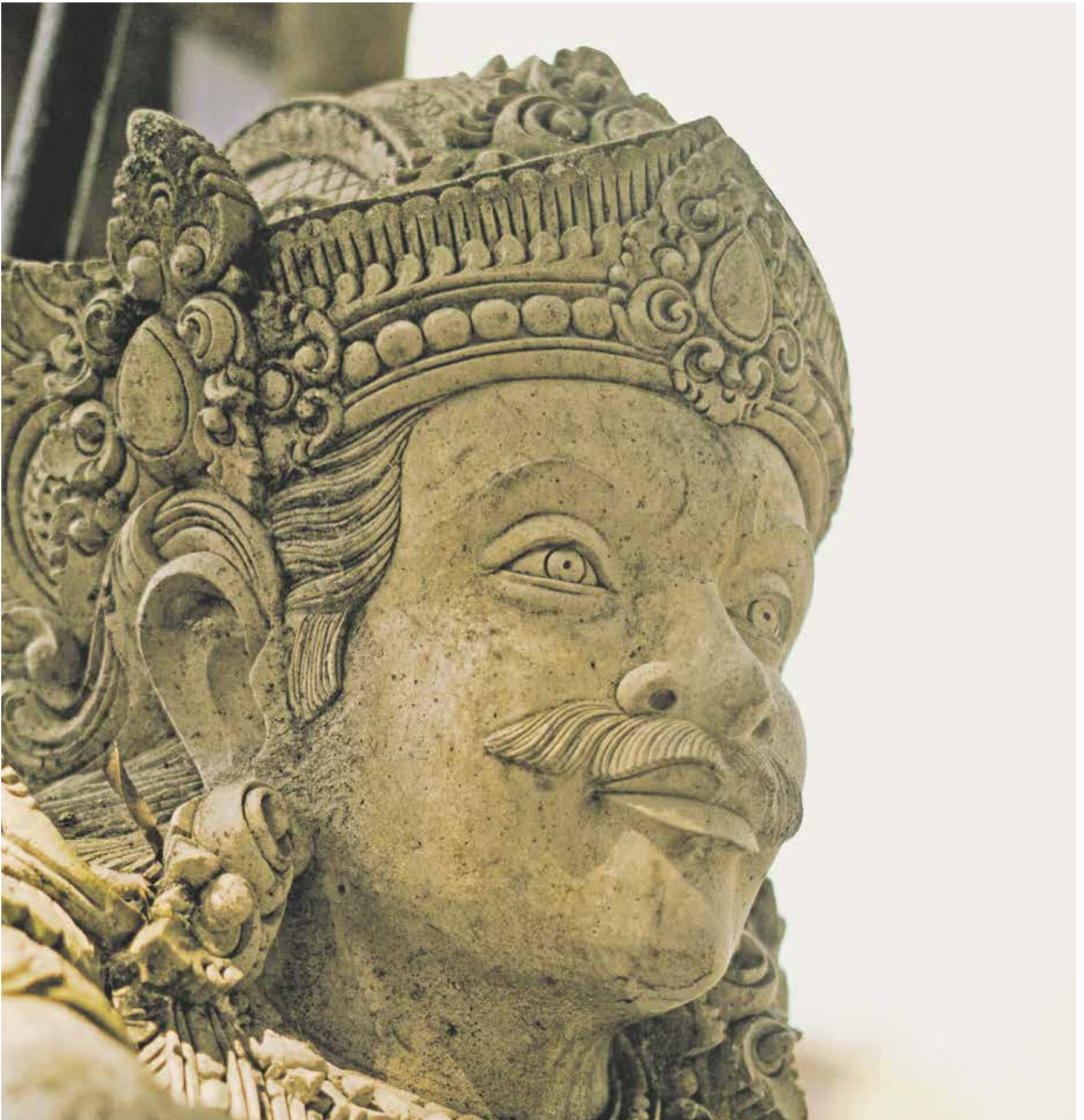
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Team up to go smoke free

EVEN though *Stoptober* has come to an end you can still stop smoking with *One You East Sussex*.

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

Players from Brighton & Hove Albion's WFC team have lent their support and encouragement to those aiming to quit smoking this month.

With the annual UK-wide *Stoptober* campaign to help people quit

smoking underway, the estimated 13.7% of residents in East Sussex who smoke, which could equate to as many as 115,000 people, are being urged to take advantage of free stop smoking support available to them.

County-wide healthy lifestyle provider *One You East Sussex* says its 12-week stop smoking programme means clients will be three times more likely to quit, for good.



"Our free stop smoking service gives you access to a dedicated advisor who will support you throughout your quit attempt," says Dan Ford, Engagement Lead at *One You East Sussex*.

"We'll see you up to a maximum of twelve appointments to help you remain smoke free. That's weekly face-to-face or telephone appointments with a stop smoking advisor; access to other resources to help you quit, and to stop smoking aids such as E-Cigarettes and Nicotine Replacement Therapy. We know that the E-cigarette



and patch combination has the highest quit rate success rate at 63%."

One You East Sussex has stop smoking clinics throughout the county. For more information on how to get started on your quit smoking journey, visit:

www.oneyoueastsussex.org.uk/services/quit-smoking

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Call us today at 01323 442050 to discover the comfort and care of Hailsham House and the support you deserve this Autumn.

Visit us at Hailsham House, New Road, Hellingly, BN27 4EW

Email us at chip@areem-care.com www.areem-care.com

Lunching with the Great and the Good

RAMBLERS lunch with the great and the good, often unknowingly.

By **Lindsey Gwynne**

Churchyards frequently provide the rambler with a comfortable seat, some shade, or if inclement, a sheltering porch in which to enjoy their sandwiches and always offer the silent company of those whose life histories are lost in the mists of time.

But some are not so silent.

A line or two on a headstone can be a window on a life of dedication, of representation, of upholding liberties or of blazing a trail.

Against the wall in Jevington churchyard is the headstone of Hartley William Lord Shawcross, GPE PC QC, lead British prosecutor at the Nuremburg Tribunal in 1945.

He was also Attorney General and prosecuted several high-profile figures including 'the acid bath murderer' and 'Lord haw-haw' and was associated with the trial of Dr John Bodkin Adams, suspected serial killer in Eastbourne.

Folkington churchyard is the last resting place of several of the Gwynne family, late of Folkington Manor.

Patriarch James, a nouveau country gentleman had seven children who fulfilled many Victorian values; son Rupert became Eastbourne's MP (1910-24), and Roland was mayor of Eastbourne (1928-31). (He was also associated with Dr Bodkin Adams).

James's daughter Violet was a renowned harpsichordist and scandalous society hostess, and his granddaughter was the cookery writer Elizabeth David. Daughter Dorothy quietly recorded their goings on for 40 years. They are all there, in the dappled sunlight of the corner plot.

In Wilmington churchyard, the modest white headstone of David Holland nonchalantly mentions that he was librarian at the House of Commons. A neighbouring stone records the stellar international career of John Kinmonth simply as 'surgeon'.

Who will you be lunching with?

Polegate Ramblers meet every Thursday for a choice of a 5-ish mile, 2-ish mile or 10-ish mile walk.

Rambles are led by experienced members in the local area.

New walkers can come from any of the nearby towns or villages and are always welcome.

For more information look at the website or email:

polegateramblers@gmail.com



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The Transformation team

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

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

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

Garden rooms

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

By **Gail McKay**

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

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



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

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

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

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

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

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

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The Arts



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New exhibition at Gallery@42

BEING Human 2 exhibition explores the complexities of the human experience and the world we inhabit.

By **Gail McKay**

For this exhibition, artists have eloquently captured the essence of change, loss, growth, and the daily struggles we all face. Through their works, they invite you to explore and reflect on the layers of our humanity that make life worth living. Join us on this exciting journey as we celebrate the rich beauty of living in our shared world.

Except for two, all the other artists are local Eastbourne/Pevensey Bay artists.

Emily Tull

Based in Kent, Emily has been exhibiting in solo and group shows since 1998 and was a contestant on *Sky Art's Portrait Artist Of The Year* in 2014.

"I am obsessed with faces. They show a person's life, and can look different on a daily basis, a perfect canvas to convey different sides of your character. But more than this my fascination is with the colouration and fragility of skin and within my portraits I strive to bring these issues across.

"I am striving to close the gap to what is deemed 'craft' and what is 'art', as part of that co-founding *S.E.W – Society For Embroidered Work*, supporting and promoting artists who have a stitched element to their artwork."

Christine Racher

Originally from Sidcup, Christine moved to Pevensey when she retired from the *NHS*.

"I developed an early interest in photography. My father would take me out on Sundays, often to local

parks, where we would both take photos with our Yashica camera.

"I never had the opportunity to have art lessons but my creative side did manage to come out in needlework classes."

In 2012 she moved to East Sussex. On reading the local *Parish Pump* magazine there were a couple of Art Groups listed, and I was able to join the *Westham Art Group* immediately in the August of that year.

Christine belongs to the *Pevensey Bay Art Group*, as well as being a member of the *Society of Eastbourne Artists*, and exhibits at their exhibitions.

Pennie Cunliffe-Lister

Pennie is the owner of the recently opened *Gallery@42*.

Having worked as a professional artist and illustrator for most of her working life, she returned university at 62 to study History of Art and Screen Media at *Birkbeck, University of London*. Her studies brought about a dramatic sea change in her approach to work.

Inspired by both The Post Impressionists such as Van Gogh with his vibrant pulsating use of colour and the American Expressionists with their fluidity of application of paint on canvas.

"I prefer the freedom of the palette knife to the more traditional paint brush. I have always been attracted by the dramatic effects in the change of the seasons and in particular woods, forests, and the starkness of the trees especially silver birches against a winter skyline and the sea. Amongst my work you will find coastal landscapes, Caribbean



Pennie Cunliffe-Lister.



Emily Tull.



Christine Racher.

seascapes, the waterways of England, forests, and woodlands in seasonal change. I also love capturing people enjoying life."

The exhibition runs from 9th to 19th November 2023.

Open Thursday to Sunday, 12–6pm.

www.theartistspool.co.uk
www.galleryat42.co.uk

**42 South Street
Eastbourne BN21 4XB**



Wonderfully Surreal



EAST Sussex pupils excel in *Farley Arts Trust's Wonderfully Surreal* art competition.

By **Gail McKay**

In May this year *Farley Arts Trust* invited all pupils doing GCSE or A level Art at state schools in East Sussex to create works of art inspired by the life and work of the famous, American-born model, artist, war photographer and journalist, Lee Miller.

For many years she lived at *Farley's Farm*, Chiddingly and her son, Antony Penrose, is the Founding Trustee of *Farley Arts Trust*.

Announcing the 15 winners of *Wonderfully Surreal*, Griselda Bear, the Chair of *Farley Arts Trust*, said "The entries were exceptional. So many of the young people have created outstandingly thoughtful and powerful paintings, drawings, photographs and sculptures that the panel of Trustee judges decided to add the category of Highly Commended and also picked two of the Winners to receive bursaries to use to further their artistic interests.

"To celebrate the high standards reached by these young artists, and provide a lasting reminder of this

hugely successful competition, we are producing a catalogue with an image for every participant. These will be given to all the pupils and schools who have taken part."

Antony Penrose said in this competition he was looking for work that conveyed a sense of the values important to the surrealists – finding the marvellous in the ordinary; the need for protest against injustice; the witty juxtaposition; and the sense of the artist's connection to the subconscious – and confirmed he found that in abundance.

The public will be able to judge that for themselves as the 15 Winners' photographs of their art works will be exhibited at the *Depot* in Lewes. That will coincide with the screening there of '*Lee*', the feature film about Lee Miller (played by Kate Winslett) which was recently launched to great acclaim at the *Toronto International Film Festival*.

For further information on the exhibition at the *Depot* and buying the fully illustrated competition catalogue please contact Miranda Pennington, *Farley Arts Trust's* Arts Education Manager at: mirandapennington@yahoo.co.uk



Society of Eastbourne Artists present

The **AI-Turner-tive** Art Exhibition

**Eastbourne Town Hall
Grove Road**

**Saturday 4th
November
and
Sunday 5th
November
Open 10 - 4pm
each day**



10% of sales will be donated to the Mayor of Eastbourne's charities.



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12A Chariots Of Fire



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Band Together



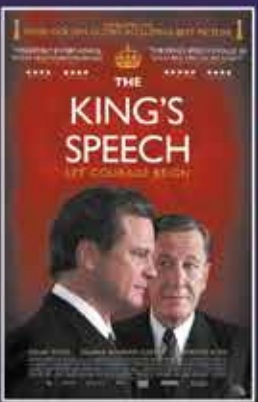
15 Billy Elliot



15 The Lesson



U Paw Patrol:
The Mighty Movie

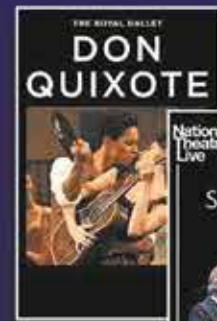


12 The King's Speech

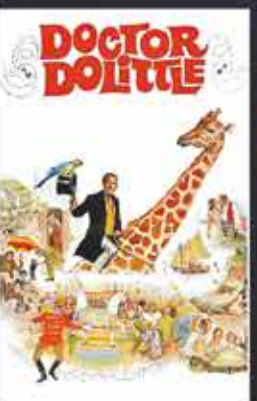


12 North By Northwest

EVENT CINEMA



15 Killers Of The
Flower Moon



U Doctor Dolittle



15 Bolan's Shoes



PG Brief Encounter



- The Moo Man (U)
- Six Minutes To Midnight (12)
- Hope Gap (12A)
- Adventure Boyz (PG)
- Rocketman (15)
- Gone (15)

LIVE EVENTS



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

Christmas Open Houses & Studios



This year over 60 artists are showing their work.

25/26th November & 2/3rd December.

By **Harry Farmer**

Over sixty artists and makers this Christmas showing and selling their work from their homes and studios around the town over two weekends this year. For more than a decade the artists and makers of our lovely seaside town have opened their homes and studios to the public, and here we are again.

Perhaps you are seeking a painting, print, photograph or drawing for your home. Maybe you can't resist beautiful ceramics, jewellery and textiles? You'll find plenty to take



Fiona Morrison, an open house regular.

your fancy. Do check details in the brochure as some open earlier or stay open later.

Some open on one day or weekend only. Brochures available around town including *The Welcome Centre*, *Planahead* and *The Lighthouse Gallery*.

We hope you have a great time visiting the artists around town this Christmas!



Full colour brochure available around town.



newartgallery

PRESENTS an exhibition of mixed artists and mixed media.

By **Gail McKay**

Refreshments will be available all weekends.

In the Martello Room at the Lansdowne Hotel, Eastbourne.

You can see more of the artists work that is hanging in the *1912 Restaurant*.

Over three weekends: 4th/5th; 11th/12th; 25th/26th November 2023.

Stay for a light lunch or a delicious dinner in the evening.

From 10:00am until 5:00pm.

info@newart-gallery.co.uk
07970 549873





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Friday 3 November



Cavendish School
Little Women The Musical
8 - 9 November



Go Your Own Way
The Fleetwood Mac Legacy
Friday 10 November



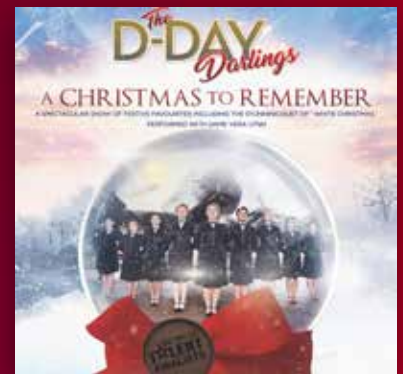
The Bon Jovi Experience
Sunday 11 November



Norcross Dance Centre
Something About this Night!
Sunday 12 November



Ballet Theatre UK
The Wizard of Oz
Tuesday 14 November



The D-Day Darlings
A Christmas To Remember
Thursday 16 November



The Adult Panto
Beauty and The Big Beast
Friday 17 November



In The Name of Love
The Diana Ross Story
Saturday 18 November



The Rattionians
A Christmas Spectacular
22 - 25 November



Tenors Un Limited
Sunday 26 November

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AI-TURNER-tive art exhibition

THE Society of Eastbourne Artists AI-TURNER-tive Art Exhibition will take place at Eastbourne Town Hall, over the weekend of November 4th and 5th from 10:00 in the morning to 4:00 each afternoon.

By **Gail McKay**

More than 150 paintings will be on display – most of which will be for sale with a donation from each painting sold going to the Mayor of Eastbourne’s charities. Prizes are awarded in various categories.

The Society, which was founded in 1946 is a lively and thriving nonprofit-making organisation with a wide membership of artists using a variety of different media. Its aim is to promote art through demonstrations, workshops, and exhibitions.

Membership is open to anyone who has an interest in art.



This year, the President’s Award has been renamed the *Andrew Forrest Memorial Trophy* in honour of the Society’s immediate past president who was tragically killed in a traffic accident earlier this year.

The picture “Beginnings” (above) is by Christine Munro who won the President’s Award at the last exhibition.

Town Hall, Grove Road, Eastbourne BN21 4UG

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e: membership@fodpt.org.uk

Void and Vessel

AS part of Eastbourne ALIVE, Compass Arts and The Parish of Hampden Park and the Hydneye present 'Void and Vessel' by Walter Bailey.

By **Peter Lindsey**

The sculpture, from redwood, is an exploration of being and nonbeing, the mutability of matter.

Inspired by Robert Fludd's creation imagery, a 17th C vision of the interplay of darkness and light as the foundation of all things.

'Void and Vessel' can be seen from the road on Decoy Drive, Hampden Park on the elevated lawn in front of St Mary's Parish Church from 11th October – 5th December 2023.

Living in East Sussex, Bailey works exclusively with locally grown trees. He sculpts using hand tools, chainsaws, and fire. His work can be found in public and private collections, in the UK and abroad.



www.walterbaileysculpture.com

THE MAKERS DIRECTORY

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

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 Maja Jones

I am a graphic designer and artist and in recent years I've been facilitating collage evenings in Eastbourne. They are a unique blend of collaboration, play, and connection, all while exploring the important themes of well-being through the lens of typography. It's about self-expression, community, and the joy of creation. My aim is to provide a warm and inclusive approach with a welcoming space where participants can discover their creative voices, connect and socialise.

It's really exciting to have been to invited to facilitate four 'Cocktails and Collage' evenings at *Port Hotel*,

themed around the four Turner Prize-nominated artworks featured at the *Towner Gallery* in Eastbourne. Each session will be inspired by one of the artist's work and collage activities will reflect the message and ideas behind it. All materials are included; from a wide variety of ephemera, new and vintage magazines and books, typography elements and gelli-printed papers.

Huge thanks and kudos to Makers Directory for supporting and nurturing a vast community of local artists. I have discovered so many new (to me!) artists via their regular weekend Instagram takeovers and in person meet ups.

www.themakersdirectory.co.uk/directory/typebox

maja@majajones.com
www.majajones.com
@maja_with_a_j and @typebox





Beauty and the Beast

DEVONSHIRE Park Theatre, Eastbourne
8th December 2023 – 14th January 2024.

By **Aimee Pugh**, Eastbourne Theatres

Eastbourne's stunning pantomime is the family favourite Beauty and the Beast, at the Devonshire Park Theatre from 8th December 2023 – 14th January 2024. With a cast of West End talent, live band and plenty of delightful surprises in store it is sure to bring magic and memories to treasure this festive period.

The *Devonshire Park* panto is a show which always promises, and delivers, high quality production values, audiences can expect a spectacle beyond all expectations at this fabulous French tale – c'est magnifique!

Beauty and the Beast is the 22nd professional in-house produced pantomime for the *Devonshire Park Theatre*, the home of Eastbourne pantos. As ever the script has been written especially for Eastbourne and the creative team have been hard at work with plans a-plenty!

The cast includes **Carli Norris** (*EastEnders*) who returns as the wickedly fabulous Malevolent, with laughs guaranteed from favourites **Tucker** as Potty Pierre and **Martyn Knight** as Dame Dotty.

Plus **Brendan Hooper** (*The Importance of Being Earnest, West End*) as Beauty's father, **Rebecca Vere**

(*Hair, West End*) as Fairy Formidable with **Katie Cochrane** (*Sister Act, NYU*) as Beauty and **Lewes Roberts** (*The Tuckers, Sky*) is Prince.

Our heroine Beauty (Katie Cochrane) is set to go on a journey of love and adventure which will prove that beauty really is in the eye of the beholder.

Imprisoned in an enchanted Chateau by a hideous looking beast, her only friends are Dame Dotty (Martyn Knight) and the hapless Potty Pierre (Tucker), but what has happened to the handsome Prince (Lewes Roberts)? Will the wicked enchantress' spell be broken before the last rose petal falls?

Don't miss this, it's a beauty, packed with live music, sensational costumes, colourful sets and rip-roaring adventure. This is the ultimate festive celebration which simply can't be missed, Christmas isn't Christmas without the *Devonshire Park* pantomime!

Eastbourne's pantomimes are famed for giving audiences a true live theatre experience, with a full band, beautiful costumes designed and created especially for the show and of course lots of magical onstage effects. And with tickets prices that are far from beastly, priced from **just £13**, this is pantomime for everyone to enjoy.

Call the box office on **01323 412000** or online at: www.eastbournetheatres.co.uk

Affordable art in Old Town

PINK Open House will be opening as part of the Eastbourne Artist Open Houses with guest artists Anne Castano Ceramics and Miranda Pennington Fine Art.

By **Gail McKay**

Textile artist, Claire Graves has been working on her new tea towel designed influenced by British folks' love of biscuits. Available for sale at £12. Lots of affordable gift ideas and cards for Christmas.

CWCF grants wishes to children up to the age of eighteen, and their families, who have, or have had, cancer and who primarily live in East Sussex, Brighton and Hove. Wishes can be practical, medical, or fun.

Join the *Open House Art Trail* and celebrate unique work by local artists.

25/26 November and 2/3 December, 11am–5pm

123 Green Street, Eastbourne BN21 1RS





Green and pleasant

WITH virtually all my winter preparations complete outside, this month will be about pottering and completing tasks indoors that I have just kept putting off all summer. Now is also a good time to take stock of your house plants. I've probably got over 80 of various sorts inside and if I'm being honest, they do tend to get neglected through the summer months when my garden takes centre stage. Taking care of plants indoors can be a bit tricky. You need to consider so many things, such as lighting and watering. Probably the most common cause of plant death is over-watering. Indoor plants will need water, light and warmth in order to survive.

By **Geoff Stonebanks**

Have you thought about a real Christmas tree for next month? Dare I say, it's not long now and lots of companies are taking orders. I've had a real tree in the house most years as I love the smell. The last few years I've also placed one in the garden with fairy lights on too. I am deliberating over a Fraser fir as opposed to my usual Nordman tree. To be honest, it is not one I had really heard of before. The name drew my attention as my middle name is Fraser. Time this month to make a decision!

House plants

Plants acclimatise slowly to different surroundings by changing their leaf orientation and structure. Consequently, it is best if you can try not to move them around, as they may not adapt as easily as you think. An extremely easy plant to look after is commonly called a snake plant, you may also know it as Mother-In-Law's tongue. It has been a favourite house plant of almost everyone for almost always, or so it seems. You will have seen them around, quite often in shopping centres due to their ease of maintenance, they have stiff, thin leaves. The plant is also known as sanseveria and is resilient and, more importantly, can be placed in low light. The added

bonus, they do not require too much water either. So, due to their hardiness, snake plants make an excellent match as a houseplant if you are not too confident. I have several at home, one I only recently acquired. It is a gorgeous sanseveria Victoria or "Whale Fin" and one I've had for several years, sanseveria "Starfish". They both clearly resemble their names to a tee!

Jobs in the garden

This time of the year it is important to keep an eye on the greenhouse. My heater has kicked in a few mornings too, to ensure plants do not get too cold in there. I am quite surprised at the amount of new growth on hedges and shrubs for this time of year. The ivy at the side of the house is due to be cut back and has lots of new growth! All my bulbs and winter flowering bedding plants are now in, a few in the ground but mainly in containers, and the area outside the kitchen French windows will be a blaze of colour throughout the Spring.

Blooming in November

Looking good in my garden at the moment is a beautiful coronilla glauca. They can really light up your garden in winter, producing an abundance of lemon-yellow pea-like blooms that really do just keep on coming. Whilst it tends to flower from December onwards, mine has certainly dazzled through some of the summer too. So, this very easy to grow shrub is capable of flowering for nine months or more, making it a worthy hard-working addition to any garden. It is hardy and shows off its sweet-scented blooms against unusual blue-green foliage. In my experience, it is

certainly a very versatile shrub for almost any garden situation, performing particularly well in exposed locations and coastal areas. Its compact, rounded habit makes this tough little performer ideal for patio containers where you really get to appreciate the scent and pretty petite blooms. Alternatively, you can train it as a wall shrub for a spectacular upright display. I've actually got three shrubs, all are located in my beach garden, at the front of the house and take the full force of what the weather can throw at them. You can also cut the stems and brighten up the house during the winter months too.

Another hardy and resilient dazzler in the garden is the plant shown in the header. Pyracantha or firethorn are delightful, thorny, evergreen shrubs grown for their attractive displays of glossy autumn berries in fiery shades of oranges, reds and yellows. The berries first appear in late summer, ripen through the autumn and will stay on the plant until early spring if left untouched. The berries are preceded by beautiful clusters of small white, highly fragrant flowers in June which cover the shrub in a snowy white canvas.

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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