

FREE

SOPHIE'S POSTCARD RETURNS

#sophiespostcard is taking place for the fourth time during Summer 2024.

CARIBBEAN TWO BEAT

Gallery@42 on South Street is proving to be a major contributor to Eastbourne's art scene.

01/24

Issue 043
January 2024

Page 5

Page 41

Bournefree

www.bournefreelive.co.uk




**HAPPY
NEW
YEAR**

Wishing everyone
health and
happiness in 2024

ignite
PR & Engagement

info@ignitepre.co.uk
07751 290574 / 07710 934574

media • events • pr
training • social media



need print?

**CONTACT
CUSTARD**

01323
430303

instant@custard-design.co.uk



Lightning Fibre **NEW YEAR, NEW SPEED!**
Hyperfast Broadband

www.LightningFibre.co.uk

Now 2000Mbps or more!



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



Peter Lindsey, Editor.

Contacts

Email: andy@bournefreemag.co.uk
 Telephone: 01323 430303

Editor

Peter Lindsey
 Email: pete@bournefreemag.co.uk

Advertising

Email: gail@bournefreemag.co.uk
 Telephone: 01323 430303

Email: harry@bournefreemag.co.uk
 Telephone: 07809 443027

Production

Custard Design, Eastbourne
 Email: artwork@bournefreemag.co.uk
 Telephone: 01323 430303

Images

Inside cover: Marisol Benitez
 Health: Brooke Lark
 The Arts: Israel Palacio

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

custard
 DESIGN MARKETING PRINT

ignite
 PR & Engagement

A great year for Bournefree

IT'S been a fantastic 12 months for the Bournefree team – and we want to thank each and everyone of you who has contributed.

By **Peter Lindsey**

The aim of the magazine – both online and in print – has been to reach out to local people and become an integral part of the community.

In 2023, we made great strides in both, and now we want to carry on with the next part of the journey in 2024.

In the past few months, we have increased the number of copies we print to 15,000 – and they all go every month. People pick us up and that is great.

Equally important is the online reach and that is both through our website and our social media presence.

Our website is updated daily at www.bournefreelive.co.uk

with at least six new stories every day of the week, including weekends.

Our Facebook remains incredibly popular too reaching up to a quarter of a million people every 28 days.

So what's next?

Well, more of the same initially in terms of reaching out to the community. We continue to work with key partners and key businesses, organisations and charities.

These include:

East Sussex College.

Eastbourne Chamber of Commerce.

Charities such as *St Wilfrid's Hospice* and *The Chaseley Trust.*

Key businesses including *Maybugs, ESK, Davis TV, Lightning Fibre* and *Brufords Jewellers.*

And of course we want to add to that list in the coming months.

The *Bournefree* team of Gail, Harry and myself are out and about as often as possible but you can also reach through the various contact details on this page.

By the time you read this, we will be in January 2024, though I am writing this just before the Christmas and New Year break.

Let's all hope for a happy, safe and successful 2024.

There will be challenges and surprises – there always are – but we must all hope that the very best will shine for us in the next 12 months.

Happy 2024!

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

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

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

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

Sophie's postcard is back



#SOPHIESPOSTCARD has raised over £82,000 for The Royal Marsden Cancer Charity in the name of art-loving Sophie. Can you help them reach their fundraising target of £100k?

By **Gail McKay**

St Richard's Catholic College's postcard-sized art fundraising sale, #sophiespostcard is taking place for the fourth time during Summer 2024.

#sophiespostcard is in memory of former pupil, Sophie Maria Taylor, who was cared for by *The Royal Marsden* but lost her life to cancer on 5th April 2017. All money raised goes directly to the Charity and the project is entirely run by volunteers who are staff and friends of *St Richard's Catholic College*.

Secret auction

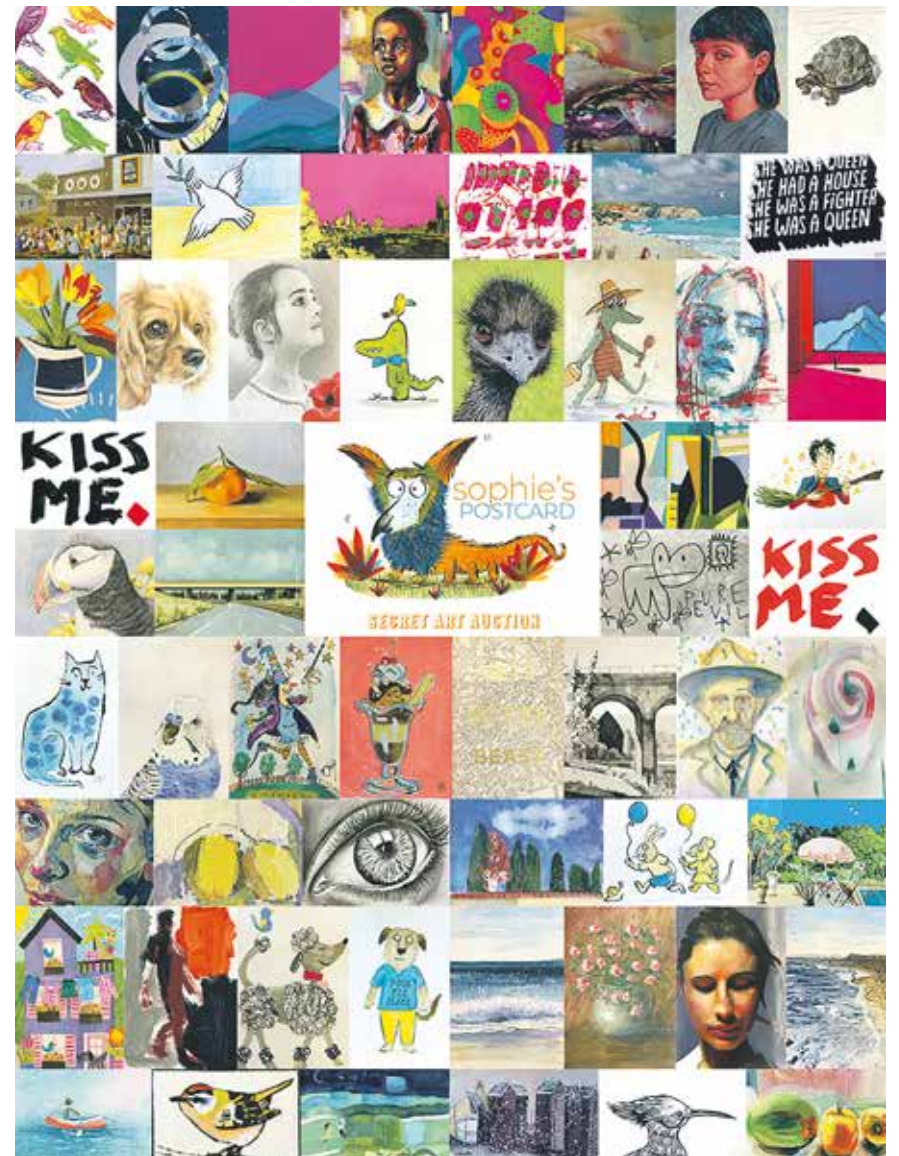
#sophiespostcard is a secret auction consisting of original postcard-sized artworks, made and donated by professional artists, designers and illustrators, plus up-and-coming artists from the school and the general public. More than 3,000 original postcard sized artworks have been created and auctioned on *eBay* for the event since the first auction in 2018.

Famous artists and celebrities

St Richard's Catholic College is extremely grateful to have received enormous support from the hundreds of artists, printmakers and designers who have contributed such incredible works of art. World famous artists and celebrities have taken part including: Sir Quentin Blake, Gilbert and George, Axel Scheffler, Lorraine Kelly, Harry Hill, Susanne du Toit, Laura Quinn Harris, Ian Murphy, Jennifer Anderson, Victoria Coren Mitchell, Loui Jover, Carne Griffiths, Kate Brinkworth, Matthew Burrows, Luke Martineau, Bob and Roberta Smith, Mark Curryer, Richard Spare, John Dilnot, Claire Fletcher, Rebecca Denton, Thomas Taylor, Liz Pichon, Dame Jacqueline Wilson, Jamie Smart, Rosalind Monks, Jane Porter, Riken Parekh, Tracey English, Fearné Cotton and many, many others.

Making a difference

Sophie's secret postcard auction is organised by art teacher Miranda Pennington who said "We are so thankful to all the artists and



supporters of *Sophie's Secret Postcard Auction*. The first *Sophie's postcard* was intended to be a one off secret postcard auction, but it was so successful that it will run for the fourth time this summer. It is inspirational to see Sophie remembered in this way as she loved art. I am so proud to be part of this event which has helped make a difference to children like Sophie being treated for cancer at *The Royal Marsden*."

During the auction the postcards have a starting bid of just £1 and were auctioned on *eBay*, making it accessible to buyers around the globe.

The fourth *Sophie's Postcard* will run during the summer of 2024 with the final days of the auction to be held on **Saturday 29th** and **Sunday 30th June 2024**.



Sophie Maria Taylor.

To keep up-to-date with their future fundraising plans or to order some postcards to enter, please visit: www.sophiespostcard.com



Eastbourne Airshow is a go

AIRBOURNE is definitely coming back for 2024 and will celebrate 30 years of airshow excellence!

By **Peter Lindsey**

Last month, it was revealed that the Red Arrows will not be available this August for ours – and indeed – other shows.

Folkestone Town Council has decided to cancel its Airshow without the Red Arrows – but Eastbourne Borough Council has thankfully taken the opposite view.

It says it will now explore all possible options to make *Airbourne 2024* a commercial success.

Fresh displays

EBC said: “While the absence of the Red Arrows at the 2024 air show is a loss, it opens exciting opportunities to introduce fresh, never seen before aerial displays to Eastbourne.

“In 2019, when the Red Arrows were away for their international tour, the debut of the *Breitling Jets Team* in



Old meets new at the 2023 Airshow.

Eastbourne created an unforgettable experience for air show enthusiasts.

“Our events team is once again engaging with multiple teams to bring thrilling new displays to Eastbourne.”

Best Free Airshow

Meanwhile, *Airbourne: Eastbourne International Airshow* has been voted the UK’s Best Free Airshow for a fourth time by followers of *Airscene* – one of the UK’s leading airshow websites.

Picking up first place ahead of fellow seaside airshows in Bournemouth and Rhyl, Eastbourne reached the top spot after receiving more than double the number of votes.

Celebrating 30 years

Airbourne will celebrate 30 years of airshow excellence in 2024. Attracting huge crowds, *Eastbourne’s International Airshow* boasts a two mile flying display line along Eastbourne seafront.

www.visiteastbourne.com/airshow

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



WESTMINSTER LAW

Wills ~ Estate Planning ~ Probate



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

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

Our prices include home visits and Inheritance Tax advice.

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

www.westminster-law.co.uk email: info@westminster-law.co.uk
Westminster Law Ltd, Reg. Office: Wellesley House, 204 London Road, Waterlooville PO7 7AN

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

Lightning WiFi at Borough



IMPROVED Wi-Fi has been installed across Priory Lane in new deal with *Lightning Fibre*.

By **Peter Lindsey**

Eastbourne Borough are pleased to announce that the stadium at Priory Lane is now supported by *Lightning Fibre* broadband.

Working with Russell Clarke at *Cloud Voice & Data*, they were so impressed with the terrific service and speed which Russell and his

team delivered the new system around the club.

The club now has new top-of-the-range office phones, hi-speed broadband and *Cloud Voice & Data* are sponsoring goalkeeper Harrison Foulkes – a local player from Seaford.

“What an exciting partnership we’ve struck with *Cloud Voice & Data* and *Eastbourne Borough FC*,” said Russell. “From our initial meeting with Simon

and the team it was obvious they have a true passion and care for the club.

“I was bought into the journey and will continually support them having supplied *Lightning Fibre* 300MB and implementing a new future-proofed Stadium Wi-Fi solution, it’s just what this Club needed.”

The club was delighted to welcome the *Lightning Fibre* team to the ground, where they took photos and listened to Borough chairman Simon Leslie share insights on his career – going from a door-to-door salesman to now football club owner.

“It’s amazing how these partnerships bring companies together,” said Simon, talking about the new deal.

“*Lightning Fibre* have a proven track record on delivering excellent service and their product will help keep everything moving swiftly off the pitch.

“I’d like to thank Russell and everyone at *Cloud Voice & Data* for their work at the club over the last few weeks.”

Simon Leslie has kindly agreed for the *Lightning Fibre* football team to play a charity match on the pitch at Priory Lane in May 2024.



Lightning Fibre

Hyperfast Broadband

NEW YEAR, NEW SPEED!

Our residential Full Fibre Broadband now has a top speed of 2,000Mbps or more!

From just
£24
Per Month





Jo Lindsay.

Chatty cafe scheme

JOJO'S Tearoom at 22 Seaside Road, has joined *The Chatty Cafe Scheme* – reducing loneliness to get people chatting!

By **Gail McKay**

The scheme is the brainchild of Alexandra Hoskyn, who founded it after a miserable day at a supermarket café with her infant son, where she noticed that no one was talking to each other. She found that by simply putting 'Chatter & Natter' signs on tables in cafes it created a space for people to talk.

Who can join in?

Anyone... if you're on your own, in a couple, with a friend, if you're a carer why not sit there with who you care for, mums and babies, dads and babies, grandparents and babies, young people, older people and anyone in between! It's a great way to meet new people in your community.

What do I do?

When you are deciding where to sit, look for the Chatter & Natter table and sit there! Stay for five minutes while you have your drink or longer. It's not about making life-long friends, just having good old fashioned human interaction!

The aim of the Chatter & Natter tables is to continue to help communities connect and combat loneliness by working closely with venues throughout the country to raise awareness of the scheme and encourage cafes; pubs; garden centres; libraries; Universities, to open their doors and provide spaces for members of the public to sit and chat together.

The scheme's founder, Alex Hoskyn, was awarded an OBE in 2021 for services to tackling loneliness.

Look out for the 'Chatter & Natter table' on Thursday, 18th January, from 2:00pm–3:30pm, and every Thursday thereafter, at the same time.

For more information please visit: www.thechattycafescheme.co.uk



Ecohaven's Plastic Free Pledge

ECOHAVEN owner and Plastic Free Campaigner Karine Morrison discovered a love of sea swimming during the pandemic.

By **Gail McKay**

And it was during one of those swims that she came across the extent of plastic that litters our beaches. She had an epiphany, and decided to investigate alternatives to plastic, starting in the bathroom.



"It was difficult to find swaps to plastic and even when I found one, it was delivered in plastic packaging!"

That was how *Ecohaven* was born and her mission is finding eco friendly bathroom products that replace plastic.

New Year resolution

Karine is committed to removing as much plastic from her life as possible and is calling for others make a new year pledge to reduce reliance on single use plastics.

"New Year is a perfect time to start to make conscious changes for more sustainable and greener living to protect our planet for generations to come."

Sustainable products

Her website is full of beautiful sustainable products, including her best seller, a bamboo electric toothbrush. As well as many more hygiene and beauty products.

Recently, Karine won the *Eastbourne Business Award 'Planet Protector'* for her commitment to a sustainability.

Ecohaven, Trudi Tweed refill shop, and others are going to be part of a hub at *Gather* on Saturday 19th January, a day around the topic of energy and greener living.

January sale

Visit the *Ecohaven* website for up to 50% off and a free delivery code for Eastbourne and the surrounding area: **freelocaldelivery**

Shop online at: www.ecohavenstore.com



ecohaven
Sustainability one step at a time

Golfers get in full swing in memory of Chris

CHRIS Lambird is still remembered by so many in Eastbourne.

By **Peter Lindsey**

He passed away from cancer aged just 39.

Now golfers have taken part in a fund-raising tournament in memory of Chris.

More than one hundred players and guests supported the annual *Sugar Ray Golf competition*, staged by *Eastbourne Motoring Centre* and held at the *Royal Eastbourne Golf Club*, raising a stunning £9,332.



The event comprised an 18-hole competition followed by dinner, entertainment, a raffle and auction.

Master of ceremonies and guest entertainer and auctioneer, Ager Brown, lit up the evening with his amusing stories, helping raise £2,220 from the auction and a further £890 from the raffle.

Mark Lambird, Chris's brother and now CEO and chairman of *Eastbourne*

Motoring Centre, thanked players and supporters for their generous support.

Monies raised have been divided equally between the *Friends of Eastbourne Hospital* and the *Rotary Club of Eastbourne's benevolent fund*.

Pictured above from left to right, Ian Huke of the *Rotary Club*, Mark Lambird of *Eastbourne Motoring Centre* and Harry Walmsley, chair of the *Friends of Eastbourne Hospital*.



ruarkaudio

NEW
R410 Integrated Music System



R1S internet radio



Davis
TV · HiFi · Home Appliances



Come in and experience Ruarkaudio for yourself

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



JANUARY SALE!

PIPER CORNER RANGE



WAS ~~£399~~

NOW **£319**



FLAT PACK RANGE



MONTY SOFA

WAS ~~£299~~

NOW **£239**



EVELYN CORNER UNIT

WAS ~~£999~~

NOW **£799**



ARCHIE CORNER UNIT

WAS ~~£999~~

NOW **£799**



WAS ~~£599~~

NOW **£479**

20% OFF ALL FURNITURE IN JANUARY WHILE STOCKS LAST

PETS PANTRY

JANUARY DEALS

WILD BIRD FEED SALE

DAWN CHORUS FAT BALLS



30 PACK £3.79

WILDBIRD SEED
2KG £2.99



5KG £6.49

PEANUTS
2KG £5.59



5KG £13.99

POSH
2KG £4.19



5KG £10.49

GROUND & TABLE
2KG £4.99



5KG £12.49

LUXURY NO MESS
2KG £4.99



5KG £12.49

HEARTS
2KG £5.59



5KG £13.99

SUPREME
2KG £3.79



5KG £9.49

MEALWORMS
500G £9.99



AMAZING NEW FROZEN DEPARTMENT
CHEAPEST IN TOWN



Only £1.99 each

Bisto Classic Spaghetti Bolognese

Bisto Classic Rangers & Mash

Sharwood's Chicken Korma with Rice

Only £2.49 each

Hash Browns

Spicy Wedges

Mashed Potato

Only £1.49 each

Garlic Bread

Garlic Bread

Garlic Bread

Only 10 Garlic Slices

Only 10 Garlic Slices

MANY MORE DEALS IN STORE



ESKWarehouses
Courtlands Rd,
Eastbourne BN22 8TR



All £10 trays

3 FOR £20

A selection of over 20 varieties of fresh meat & poultry

Steak Deal

1.4k of Sirloin Steaks we will give you

FREE

1.2K of Chicken breasts

£25

SLIMBUTCHER.COM

CHECK OUT OUR AMAZING DEALS



£65k raised for St Wilfrid's

AN amateur pianist who achieved his life-long ambition to perform Rachmaninoff's second piano concerto has raised more than £65,000 for St Wilfrid's Hospice.

By **Peter Lindsey**

Charles Wookey has spent 50 years dreaming of playing the piece with an orchestra, and finally had the opportunity to perform to an audience at The Birley Centre, Eastbourne.

Andy Sherwood, former conductor of Brighton Youth Orchestra among others, conducted the orchestra of amateurs and professionals, as they played Sibelius: Finlandia, Rachmaninoff: Piano concerto No 2 and Arnold: A Grand, Grand Overture.

St Wilfrid's Hospice Community Fundraiser, Michele Mitchell, said:



"Charles and all involved put on a fantastic afternoon of music and entertainment, which we all thoroughly enjoyed. An incredible amount was raised and money is still coming in so we'd like to say a huge thank you to everyone who attended and donated."

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.

Find out more at:
www.stwhospice.org



AN Eastbourne cafe which also specialises in pottery and painting is starting 2024 with some excellent news.

By **Peter Lindsey**

The Art House – at 34 Grove Road in Little Chelsea – has been awarded £10,000 by The National Lottery for the sixth year in a row.

This means it can keep offering free classes and workshops for children throughout 2024.

The team are over the moon: "Huge thanks to The National Lottery Community Fund and players for their generosity. Let's keep the creativity flowing in Eastbourne!"

The Art House Café offers support to local charities throughout the year, including cooking hot meals to helping

Lottery success for Eastbourne arts cafe

warm up the homeless and donating cake stock and chocolate treats.

34 Grove Road, Eastbourne.

01323 728691

www.theartcafe.co.uk
info@theartcafe.co.uk

It has been able to offer free children's creative sessions and dinners during the school holidays for families in receipt of the free school lunches for children 8–15 years olds. The programme includes cookery, art, clay, slime making, textiles, pottery, printing and dinner.

The Art House Café itself has decided to specialise in vegan and vegetarian dishes. This is about offering delicious, fresh healthy vegan and vegetarian dishes without any compromise on taste.



CASH OR AUCTION

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

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



Signed Book, Story on
BBC Website and Radio

Sold for
£5,400



Sold for
£3,800



Sold for
£2,200



Sold for
£1,100



**Valuations are
FREE in 2024**

Items Wanted

- Gold and Silver Jewellery in any condition
- Costume Jewellery • Watches working or not
- Coins, Medals and Militaria • Wines & Spirits
- Oriental items – even when chipped or damaged
- Wines & Spirits • Antiques & Collectables
- Records • Music related or sporting items
- Any quirky items or unique items we can write about and promote on TV



Sponsoring
the weather

Eastbourne Auctions

www.eastbourneauction.com

Auction House, Finmere Road, Eastbourne BN22 8QL



FULL Probate and House Clearance Service in Operation

Bumper collection boosts Foodbank stocks

TESCO shoppers in Eastbourne have been thanked for their generosity and compassion following Foodbank's three day Winter Collection which has boosted our warehouse stocks by almost 2.8 tons.

By **Iain Luxford**, Eastbourne Foodbank

The annual event was held in the **Tesco stores in Lottbridge Drive, Langney, and Hampden Park from Thursday (30th Nov) to Saturday (2nd Dec) and resulted in donations totalling 2.77 tons of food and other items.**

Really important

Eastbourne Foodbank Chief Executive, Howard Wardle, said: "This three day event is always really important for us as we approach the busy festive season and the people of Eastbourne always come up trumps."

So grateful

He said the level of donations was especially pleasing given the fact that so many people are still struggling with the cost of living crisis. "We're so grateful to everyone who donated and this really will make a huge difference for the hundreds of people we'll be supporting in the coming weeks."

Howard also thanked the *Tesco* staff at the three stores that played host to the collection and the foodbank volunteers who greeted shoppers over the three days.

eastbourne.foodbank.org.uk



A living space for all seasons

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

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

solid conservatory roofs Ltd

**33 South Street, Eastbourne
East Sussex BN21 4UP
www.solidconroofs.co.uk
info@solidconroofs.co.uk**

www.solidconroofs.co.uk 01323 844944



Sip Sip Hooray!
#TheViewHotel

MEMORABLE MOMENTS PACKAGE

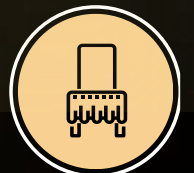
Unlock one of these exclusive rewards as part of our party offer when you book your unforgettable event by 31st March 2024!



Complimentary arrival drinks



Complimentary overnight stay for organizer



Free! chair covers



Complimentary cheeseboard course with buffet



2 additional complimentary buffet options



Kids go free (up to 5 children 6-12 years)

LET US CREATE UNFORGETTABLE MEMORIES!

BOOK YOUR NEXT EVENT NOW ON

01323 433903

events@theviewhoteleastbourne.com



SCAN QR CODE FOR MORE INFORMATION!



Finding yourself buried under a pile of paperwork?

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

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

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

We can also file your CIS returns



www.eckbookkeeping.co.uk
 admin@eckbookkeeping.co.uk
 01523 348 480

aat AAT Licensed Accountant
Elizabeth Kelly is licensed and regulated by AAT under license number 2000953.



What's it like to be a volunteer bus driver?



Keith Moore is a volunteer driver for Cuckmere Community Buses.

THESE days driver Keith Moore is on first name terms with many of his passengers.

By **Jeremy Head**, Cuckmere Community Buses

How did you end up becoming a volunteer bus driver?

I joined because driving is a passion of mine and always has been. I found out about Cuckmere Buses requiring drivers, by reading the advert on the back of one of their buses. I have been driving for around a year and it's great fun. Although the buses are quite a bit bigger than a car, they are surprisingly easy to drive. Training was really well organised. I did several drives with an instructor on two different buses and then a simple driving theory test.

How often do you drive and how many routes do you know?

I usually drive about six or seven times a month, but it's totally up to you how often you drive. My routes are the 126

connecting Seaford and Berwick and the 120 Seaford town service.

What's your favourite drive and why?

My favourite drive is the 126 because I've got to know the passengers really well. We're like friends these days. I enjoy their company, and hope that they enjoy mine! The service is often quite busy and the time passes surprisingly quickly.

What's the best thing about driving for CCB?

The best part is the thanks from passengers for an invaluable service. It really inspires me to carry on driving for as long as I can.

To find out more about becoming a driver call **07711 243419** or email nick@cuckmerebuses.org.uk



Cuckmere buses

Want to drive a bus? Volunteer Drivers Required

We are a busy charity operating 16-seater mini-buses from our base at Berwick. We provide weekly timetabled public services in the Cuckmere Valley area, plus town services in Hailsham and Seaford. We also provide Private Hire.

Interested in becoming a volunteer driver?

Full training will be given, and you may drive as many or as few shifts as you wish in any month. You'll need a D1 classification on your licence.

To find out more about joining our team of drivers, call us on **07834 558376** or email volunteer@cuckmerebuses.org.uk

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

Learning skills that last a lifetime



THE 54 (Eastbourne) Squadron Royal Air Force Air Cadets trains young people from the age of 12 in more than ten core activities.

By **Peter Lindsey**

And it is staging its next intake night on Wednesday January 24 at its base in Latimer Road.

Here is your chance to find out exactly what is offer.

A spokesperson said: “Ever thought about being part of something bigger? *The Royal Air Force Air Cadets* is more than just an

organization; it’s a journey of discovery, friendship, and adventure.

“Join us for our next intake night and discover what makes the RAFAC unique and how it shapes young minds into future leaders.

- Exciting aerospace activities.
- Leadership development opportunities.
- Lifelong friendships.
- Skills that last a lifetime.

“Whether you’re a young person seeking new challenges or a parent looking for an enriching experience for your child, we welcome you to come and learn more.”

Location: **54 Squadron, Latimer Road, Eastbourne.**
Time/Date: **19:30 – 21:00, Wednesday 24th January 2024.**
Register your interest by email: **adj.54@rafac.mod.gov.uk**

A magical first for circus

EAST Sussex Circus of Arts is starting 2024 with some magical news.

By **Peter Lindsey**

It has become the first School/ College in the South East Offering a BTEC – Qualification in Circus and Performing Arts Diploma – Level 3.

It is an international school dedicated exclusively to circus arts situated on the Hailsham Bypass next to *Knockhatch Adventure Park*.

Renato Pires is the man who has made this all happen.

He said: “We were waiting to get our Students Graduation over so we could share this with everyone officially.

That’s right – we are now a recognised centre. After four years of dreams and hard work we finally did it!

“A massive thank you to *Knockhatch Adventure Park* for the continued support over the years – we couldn’t do this without you!



“Special thank you to all our staff, teachers, trustees, students and parents for your continued support and dedication to *East Sussex School of Circus Arts*.”

Applications are now open for 2024!

For details and to apply please visit: **[eastsussexschoolofcircusarts.co.uk /courses](http://eastsussexschoolofcircusarts.co.uk/courses)**

Email: **info@eastsussexschoolofcircusarts.co.uk**

Make a difference in 2024

Volunteer

If you are looking for a volunteering opportunity in 2024 then St Wilfrid's has something to suit everyone.

Whether you want to be in the hospice, in one of our shops or at our fundraising events, we provide training and support and will work with you to make sure you get the best from your volunteering.

Whatever role you choose you'll be helping enable people to live well at end of life.

stwhospice.org/volunteering



Take on a challenge

Are you a runner, a walker, a cyclist, or a swimmer? Or maybe a thrill-seeker?

Whether you are looking for a new challenge, the chance to test your limits, or just a bit of fun, take a look at our jam-packed calendar and find the right event for you.

Join us in 2024 and help more people get the hospice care they need.

stwhospice.org/events



Join our team

If you want to work as part of a supportive, forward-thinking and friendly team, we hope to have a suitable vacancy for you.

Every day you will be making a real difference to our patients and their loved ones.

Want to find out more? **Join us at Gather at the Beacon in Eastbourne on Thursday 11th January.** Drop in any time between 10am and 4pm for a chat with the team.

stwhospice.org/join-our-team



Fundraise

Could you join the hundreds of others who help to raise vital funds for St Wilfrid's each year?

With over 70% of our funds coming from our local community, your support makes all the difference.

From bake sales to film nights, and raffles to dress-down days, the possibilities are endless. We are here to help you along the way, just get in touch.

stwhospice.org/fundraise



Shop local

From furniture to frocks and books to bric-a-brac, our 11 shops are full of pre-loved gems.

When you shop at your local St Wilfrid's store you are reducing waste and saving money. You are also ensuring people in Eastbourne, Hailsham, Seaford, Uckfield, Heathfield and the surrounding areas have access to expert care at the end of their lives.

Find your nearest store today: stwhospice.org/shops



www.stwhospice.org

01323 434200

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

[@stwilfridstweet](https://twitter.com/@stwilfridstweet)

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



Registered as a company limited by guarantee in England and Wales
No: 1594410 | Registered Charity No: 283686



St Wilfrid's Hospice

Eastbourne increasingly at risk from flooding

IT might feel like we've seen a lot of rain already this year, but in 2007 the UK experienced the wettest summer on record.

By **Peter Lindsey**

The consequences were far more serious than spoiled holidays.

In England and Wales some 414mm of rain fell between May and July and, for residents, the effect of that downpour was devastating. *BBC* reports from the time highlighted flooded villages such as Tewkesbury, cut off from the outside world and requiring the assistance of the *RAF* and *Army* to evacuate prone households. Three people died, while on the nearby *M5* 10,000 motorists were stranded overnight.

And in Eastbourne both 2006 and 2007 brought with them flash flooding and a warning from the *Environment Agency* that the risk of a flood was only going to increase. This year has been no different with businesses in *Grove Road* shutting up shop and river water overflowing in areas including *Shinewater*.

Even after the waters subsided and clean ups were complete, the consequences of living in a once flooded property were only just beginning. Homeowners and tenants, looking for buildings and contents insurance, found themselves priced out. Premiums had rocketed.

Step forward *Flood Re*.

Behind the scenes

While the name may not be familiar, if you're the owner or a tenant in a flood-affected property their work will almost certainly have impacted you for the better. Following the floods of 2007, the Government and insurers worked together to find a solution to the problem of escalating insurance costs. *Flood Re* was born with the core mission of providing affordable insurance for properties affected by, or at risk from, flooding.

Kelly Ostler-Coyles, Head of Communications for *Flood Re*, explains how the scheme works: "We've helped over half a million properties since being established. All UK domestic home insurers pay into our scheme. They pay what we call a levy to our scheme for us to run."

This levy raises some £135m every year and insurers can then use the scheme to underwrite the flood risk part of a policy.

Kelly went on to say: "So when you go to take out your home insurance policy, your home insurer, who gives you a quote, will decide whether or not they're going to cede you to *Flood Re* and that all happens in the background. And when you make a claim, you make a claim via your home insurance company and then we reimburse the insurer. So



everything's done by your insurance company rather than through *Flood Re*." This also includes insurance bought through comparison sites.

The question of eligibility

And who's eligible for the scheme? *Flood Re* was set up to cover domestic households, rather than businesses, so if you have a Council Tax band and your property was built before 2009, you may be eligible.

If you're wondering why 2009 is the cut-off point, this is the date where housing developers were required to avoid building on floodplains and to build with appropriate consideration for flooding. In theory at least, properties built after this date should be at minimal risk and flood cover is a standard part of buildings and contents policies.

But if you are unfortunate enough to have experienced flooding yourself, you'll know there's an emotional as well as financial toll from a flooding episode. The prospect of having to go through it all again is a daunting one. That's where *Flood Re's* latest scheme can help. In 2022 *Flood Re* established the *Build Back Better* scheme to help flooded homeowners make their homes more resilient for the future. Kelly explains: "*Build Back Better* is for a participating insurer of the *Build Back Better* scheme where, if you are flooded, you can get up to £10,000 extra on top of your normal reinstatement cost to install flood resilient and resistor repairs.

"We launched last April (2022) and we have a number of insurers that are live. And then we have a number of insurers that are gradually coming on board offering the policies."

An eye towards the future

Even while *Flood Re* offers innovative schemes such as *Build Back Better*, it

keeps an eye fixed firmly on the future, a future where it doesn't exist. Come 2039, *Flood Re* is on target to having completed the work it set out to do.

Kelly explains why: "It is our hope, and it's certainly what we are trying to do with everything we do in *Flood Re*, to be able to leave the market in 2039 with a UK that is more protected against flooding than when we came in. So essentially what we want to be able to do is leave the market so that there can be risk reflective pricing, there can be a functioning market, because people are managing their flood risk at a property level, and flood defence level. We've the right flood defences in place and a planning system that is working properly and everyone's playing their part in the jigsaw."

And what's the one thing you can do to make sure you're an effective part of the jigsaw? If you're a homeowner with a property at risk of flooding Kelly advises this: protect the heart of your home. Have a plan in place to quickly and safely remove the items most precious to you when the rains start and avoid the heartbreak of losing treasured items.

Want to know more about *Flood Re* and the *Build Back Better Scheme*? You'll find links to the *Flood Re* and *Blue Heart* websites below, along with advice on how to make your property more flood resilient. And if you're worried about your property flooding in Eastbourne, check out our *Flooding and Me* guide:

www.blueheart.org.uk/flooding-and-me

www.floodre.co.uk
www.blueheart.org.uk

FLOODRE

UNBEATABLE VALUE
ELECTRIC GARAGE DOORS

FULLY FITTED FROM ONLY
£995
FREE 5 YEAR WARRANTY



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

- Unlock 25% more space
- 100,000+ doors installed
- UK's No.1 recommended
- Expertly fitted by a local Garolla engineer

GAROLLA
TOUGH • TRUSTED • TRANSFORMATIVE

garolla.co.uk

NEW & IMPROVED
GAROLLA PRODUCT RANGE

Checkatrade
Where reputation matters
9.8 out of 10

Trustpilot
4.7 out of 5 / 6,000+ reviews

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

BESPOKE ELECTRIC DOORS
MADE IN THE UK



All winners at the Sussex Sport and Physical Activity Awards 2023.

Double success for Defiant Sports

IT may have been a challenging year for Eastbourne charity *Defiant Sports* – but it certainly ended on a high.

By **Peter Lindsey**

The charity won 'The Rix & Kay Solicitors LLP Inclusion & Diversity Award' at the Sussex Sport and Physical Activity Awards 2023.

Head coach Joel Lock took home the 'Rising Star Award' with Aaron Bishop one of the runners-up.

Defiant Sports – based at *Sovereign Harbour* – is the epitome of inclusion and diversity, working with the most marginalised and excluded communities in and around Eastbourne.

These range from children and young people with SEND and people with physical impairments or long term health conditions, through to

refugees and asylum seekers, and young people at risk of offending.

Joel has been described as an 'outstanding coach and employee' who is working hard to make sport more accessible, such as by creating resources and cheat sheets for all the coaches to refer to in order to ensure all the sessions are accessible and engaging.

The charity's Loretta Lock said: "We are so very proud of the team, especially coaches Joel and Aaron for both being finalists for the 'Rising Star Award' – that's 66% of the finalists for that award!

We are incredibly grateful to have such an amazing community that supports us through thick and thin – without you, *Defiant Sports* wouldn't exist."



HAULAWAY
WASTE RECYCLING SERVICES LTD
(01323) 441396

HAULAWAY
SKIPS
01323 441396

www.haulaway.co.uk



Waste & recycling managers








- ✓ Wide range of skip and rolono sizes available
- ✓ Grab and tipper lorries for hire
- ✓ Plant Hire
- ✓ Plastic Recycling
- ✓ Weekly cardboard collection service

Call now for availability
and rates on **01323 441396**

www.haulaway.co.uk
Credit cards accepted

Order
your skip
online

Community Grants open

GOT a great idea to help reduce the impact of climate change, manage flooding or to protect the environment?

By **Peter Lindsey**

Apply for a Community Grant from the Blue Heart project today.

Applications are now open and up to £5,000 is available for groups looking to make a difference across Eastbourne and southern Wealden.

Whether you're a group of neighbours, a community organisation or part of a more

formal group, if you've got an idea that can help manage flooding or drought, help make your community more flood resilient, reduce the impact of climate change, increase sustainability or protect and share the natural environment – Blue Heart would love to hear from you.

Previously successful grant applications have included *Eastbourne Food Partnership*, who were awarded £5,000 to investigate growing food in a changing climate and *Treebourne*, who also received



£5,000 to plant trees and wildflowers at *Ocklynge Junior School*, Eastbourne.

Blue Heart Project Manager, Anna Hastings, said: "Blue Heart welcomes bright ideas from our community to support the environment and local people, and adapt to climate change. Last year we had some inspiring proposals put forward and I'm excited to see what this year has to hold. We open applications on January 8th, 2024 and the final date for grant applications is February 23rd, so get thinking!"

To apply for a grant visit: www.blueheart.org.uk/community-fund or for more information and to see if your project is eligible, contact Eleanor Lanyon: contact@blueheart.org.uk

www.blueheart.org.uk



The fragility of freedom

THIS years' International Holocaust Memorial will be held on Saturday 27th January 2024 at the Shackleton Room, Welcome Building, Congress Theatre, Eastbourne from 6pm.

By **Gail McKay**

This year, the programme is filled with readings, poetry, music, talks and prayer.

Dorit Oliver-Wolff BEM, a holocaust survivor and Eastbourne resident has co-ordinated the event.

Dorit would like to thank all the members of *Eastbourne Borough*

Council for their generous support for this event so that tickets can remain free of charge to anyone who would like to attend.

She is thrilled to welcome Vicky Bhogal, author of 'Origin of Anti-Semitism', and Jaya Pathak, *Ambassador for Holocaust Education Trust*. Elaine Patience will play violin.

Ratton School Choir and *Claverham Community College* will also be performing.



The purpose of these events, which occur all across the world remain the same.

They serve to remember the millions of victims and keep their memory alive.

To learn from history and learn to recognise the warning signs of discrimination and prejudice that lead to atrocities and to prevent them happening again. Educating the next generation about the holocaust is important, so we

always remember what happened. *Holocaust Memorial Day* promotes tolerance, acceptance, and diversity, and honours the survivors.

The event starts at 6:30pm.

Free tickets available at: www.eastbournetheatres.co.uk or collection from the *Welcome Building, Congress Theatre Box Office*. Tel: **01323 412000**

EVERYONE is welcome.



The Chaseley Trust

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



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

We offer residents:

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

We offer staff:

- Comprehensive in-house training
- Apprenticeships and the opportunity for additional qualifications
- Competitive rates of pay
- Rewarding work
- Career development
- Rolling Rota
- Benefits include free health scheme and life insurance cover

We offer the community:

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

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





Gardening Matters

A REVIEW of 2023 in *Chaseley's* garden.

By **Alison Sprigg**, Volunteer Gardener

Just lately there's been a lot of media coverage on the subject of gardening's benefits to both mental and physical health.

Here at *Chaseley* we've known about these benefits for a long time: the pleasure and satisfaction of getting involved, whether in the garden itself – where the raised beds are ideally placed at wheelchair height for a spot of weeding, watering or simply contemplating – or sitting at tables to fill pots with spring bulbs or summer bedding plants, ready for the next glorious display on the terrace.

Gardening is all about optimism; planning and looking forward to the next season. And that in itself brings feelings of hope and fulfilment as we await, and then witness, the results of our latest schemes. This in turn is beneficial to a sense of wellbeing.

Sensory garden

When I started as *Chaseley's* volunteer gardener in January 2023, my first priority was to establish a sensory garden in the overgrown ring of eight raised beds. After much digging, sawing, tugging and general removal of overgrown shrubs and rampant weeds, the beds were ready for fresh soil and then – joyfully! – it was time to choose and plant a wide variety of scented herbs, flowers, grasses,

succulents, and plants that simply make you want to touch them and feel their textures. I'm delighted to report that our residents and staff are very pleased with the results, and have even held reading groups in the sensory garden on warm sunny days, protected from too much sun by the new, permanent awning placed in the centre.

His Majesty's crown

Naturally we wanted to mark King Charles' Coronation in May. Having cleared the raised beds facing the lawn beyond the terrace, I was able to enjoy sourcing early-summer plants in shades of red, white and blue – all set off by a purple pot of golden chrysanthemums donated to us and placed on a plinth in the centre; our very own nod to His Majesty's crown!

As part of the *Big Help Out* organised nationally for the Coronation weekend, we held a Volunteers' Day in the garden. More than twenty willing participants joined us, and achieved fantastic results in clearing the neglected back garden, establishing an area for our compost bins, and removing some enormous palms which were dominating parts of the sensory garden. Everyone then enjoyed one of those delicious lunches which are such a speciality at *Chaseley*!

Bluebell area

Meanwhile the old fig tree, which was blocking the steps from the lawn down to the sensory garden and inhibiting

the bluebell area, was sawn down to just above the base of its trunk. That whole area has now been opened up.

Once the bluebells had finished blooming and had died back, a wildflower meadow area could be established. This bloomed very satisfactorily and gave great pleasure to so many people – residents, staff and visitors alike. Just sitting quietly, watching the butterflies, bees and other pollinators visiting our site, and enjoying the wild flowers swaying gently and colourfully in the breeze, brought a sense of calm and closeness to the natural world.

Garden to kitchen

Meanwhile, the raised salad bed on the terrace proved very 'fruitful', as did our pots of tomatoes and strawberries. Being able to take fresh produce from garden to kitchen has been a particular joy for me – and much appreciated by our chef and his team.

Autumn brought the riches of colourful leaves, stems, cones and rosehips, which were used by our ever-resourceful craft and entertainments team who worked with our residents to make seasonal decorations.

Breath of fresh air

As we look forward to the start of another gardening year, I'd like to thank everyone who has been so encouraging and involved with the garden: residents, staff, fellow-volunteers and visitors. Your delight in our garden is a breath of fresh air!

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

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

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

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

If you feel 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



Eastbourne BID Lights Up the Town For Christmas

Hundreds of residents and visitors attended the Christmas light switch-on in Eastbourne town centre on Saturday November 25 – organised by Your Eastbourne BID.

The town centre has been illuminated for the festive season to make the town even more attractive for residents and visitors to do their Christmas shopping.

Local community arts group Angelica Vocal Academy pressed the button to officially switch on the lights at the Terminus Road event.

Your Eastbourne BID reinstalled the lights from last year, covering all areas within the BID, and also invested in a new display in Terminus Road, from Bankers Corner to Blacks.



The festive switch-on also illuminated the popular interactive LED Christmas tree on Bankers Corner – which has been a hit with residents and visitors in previous years.

The BID also commissioned Christmas trees for Little Chelsea, Victoria Place, and the Beacon Centre.

Visitors to the event enjoyed the sounds of the Live Music Stage from 12pm, and there were 35 market stalls along Terminus Road selling gifts, Christmas goodies, and festive treats including a hog roast and mulled wine.

Stephen Holt, Your Eastbourne BID CEO, said, “The Christmas light switch-on was a fantastic event and we were thrilled that so many people turned out.

“After the success of last year, we wanted to make this year’s festive lights even bigger and better. Thanks to everyone who took part – especially the Angelica Vocal Academy.”



Elmer the Patchwork Elephant Comes to Town

Elmer the Patchwork Elephant will be coming to Eastbourne in 2024 for a celebratory anniversary visit – and bringing 11 of his Elmer friends with him.

Your Eastbourne BID is organising a trail of 12 decorated Elmer statues around the town centre for children to spot.

The herd of Elmers, inspired by the town’s status as a centre of artistic excellence and home of this year’s Turner Prize, will be in position from February to April.

Elmer the Patchwork Elephant is a children’s picture book series by the British author David McKee.

Elmer was first published by Dobson Books in 1968, and reissued with redrawn illustrations in a slightly shortened version in 1989 – making 2024 the 35th birthday of the new Elmer.

Forty-one different book titles have been created since 1989 and the popular series has sold more than eight million copies in 50 languages around the world.

Stephen Holt, Your Eastbourne BID CEO, said, “We are delighted to welcome Elmer to the town.

“This iconic children’s character is much-loved and is celebrating his 35th year in Eastbourne.

“This art trail is timed perfectly with the celebration of the Turner Prize in the town, and includes 12 statues for people to find and tick off.

“Each of the statues will be a take on a classic artist.

“We are also delighted that two brand new – never seen before – Elmers will be created, one inspired by Luther Gotz and his colourful mural on the Towner, and another by Eastbourne’s international tennis competition.

“Watch this space for more information, and how to play the Elmer trail!”

When talking isn't easy

IT isn't the easiest subject to talk about...

By **Peter Lindsey**

But death is something that we all have to face up to at some stage of our lives.

Organisers of the *Eastbourne Death Cafe* have announced six new meeting dates for 2024 at *Dom Restaurant*, 6 Grove Road.

Claire, Gazala, Ailz and Tony are the organisers, and this is their message at the start of a new year:

"Thank you to all of you who have supported the *Eastbourne Death Cafe* this year.

"We hope you have gained from our evenings. It is a fact, we couldn't have the important conversations and make that little bit of difference in the lives and deaths of those that we do, without you!

"If we haven't seen you in a while, we hope life and health are treating you with tenderness.

"We are delighted to announce that we will be holding six more *Eastbourne Death Cafes* in 2024, starting in February.

"Once again the wonderful Julio, Thusa and their team at *Dom's Italian* will be allowing us to inhabit their restaurant and supplying those who attend with their delicious refreshments and food, available to purchase on site.

"A special thank you goes out to them from all us hosts for providing the space for our *Death Cafe* these last two years, as well for their kindness, flexibility and sensitivity as we indulge in our discussions.

"If times are challenging we send you peace, love, light and the robustness to find your way through."

Eastbourne Death Cafe provides an inviting, relaxing and respectful space for people to get together, eat, drink and discuss all things related to death, dying and end of life.

There is no agenda and everyone is free to talk, share and listen respectfully, as they wish.

2024 Dates:

12th February

8th April

3rd June

5th August

7th October

2nd December

Time: 6:30pm – 8:15pm

**Dom Restaurant, 6 Grove Road
Eastbourne BN21 4JT**

For more details, please email Claire and Gazala at:

eastbournedeathcafe@gmail.com

www.deathcafe.com

[@eastbournedeathcafe](https://www.facebook.com/eastbournedeathcafe)

[@ebodeathcafe](https://www.instagram.com/eastbournedeathcafe)

[@ebodeathcafe](https://www.tiktok.com/@ebodeathcafe)



Rowing club asks for help

EASTBOURNE Rowing Club is entering 2024 with a community plea to boost its fundraising.

By **Peter Lindsey**

The club – located by Fishermens Green – needs to update its facilities and equipment.

First, it wants to buy a Coastal boat – several of its fleet of boats are nearing end of life. This includes its main coxed four racing boat, now 15 years old and in a state of constant temporary repair.

Second, it needs funding to expand, purchase external storage and upgrade the showers and limited changing facilities.

Chairman Gary Hammond said: "New boats would enable the club to get more members on the water to have access to our sport and become competent rowers. It will also enable our club to compete at the level our community deserves.

"Our ethos is that the youth of the town is where the lifeblood of any healthy club starts, and we currently can not service a junior membership adequately.

"Since our new committee was appointed at the start of the year, we have been working hard to

drive momentum into the club, largely from a standing start with no financial backing.

"We have over 50 active members which is increasing month on month, and which demonstrates the demand for our club in the local community.

"Our fundraising target is significant, a new coastal 4 boat will cost c£20k for example, and upgrades to current facilities may be extensive, however we believe that we can achieve our target with the support of our local community, and from those inspired by learning about our club and our desire to protect its legacy for future generations."

Fundraising@eastbournerc.co.uk
www.eastbournerc.co.uk



Take the stress out of Healthcare Planning with Victoria Healthcare Management



When people make plans for the New Year, the top priority is often a renewed commitment to their health. Whether it's joining a gym, changing dietary habits, or promising to exercise more, we all understand the importance of looking after our health. There are, however, some eventualities that we can't avoid, and knowing that your health is in good hands whatever eventualities lie ahead, means you can be healthy and productive in the here and now.

We checked in with Vicki Nicol from Victoria Healthcare to find out how you can start the year with peace of mind and a plan to look after yourself and those closest to you.

Victoria Healthcare provides free, impartial advice on private healthcare. Their friendly, local team takes a personal approach to all aspects of healthcare insurance from finding the right policy, to ongoing advice, help renegotiating medical plans and guidance throughout the process of making a claim.

As well as covering the costs of treatments and medications, private health insurance can provide day-to-day benefits such as cashback on NHS dental and opticians services, as well as counselling and mental health support.

As well as providing personal policies, Victoria Healthcare specialises in assisting businesses with healthcare support for their staff.

What sets Victoria Healthcare apart is that they are truly independent: a local company with over 30 years' experience in medical insurance.

As Vicki explains:

"We are very fortunate to have clients based across the country but also love having local Eastbourne and Sussex-based businesses contact us. Clients are welcome to visit us in our office at Sovereign Harbour and we are always happy to meet for a coffee. Having local clients and being more familiar with local medical facilities can also be advantageous to a client when they are looking for guidance."



Victoria Healthcare is also a dedicated local fundraiser for charities such as the Rockinghorse Children's Charity. Rockinghorse raises money for the Royal Alexandra Children's Hospital in Brighton, providing lifesaving, cutting-edge medical equipment and services to ensure that young people are treated in an environment best-suited to their needs.

As part of their commitment to the local community, Victoria Healthcare Management has pledged to donate £100 for every new policy sold in January to The Matthew 25 Mission, which provides support to people trying

to rebuild broken lives, especially those experiencing life-threatening addiction, loneliness, bereavement, unemployment and homelessness. The Mission provides practical help and support to anyone, regardless of race, religion or gender and is especially important during the harsh winter months.

You can find out more about The Matthew 25 mission at www.matthew25mission.org/ and you can get in touch with Victoria Healthcare Management for free no obligation advice by telephone on 01323 301270 or by emailing info@victoriahm.co.uk.

Chaseley Trust wins Community Champion award at the Eastbourne business awards

The Chaseley Trust, a registered Charity that supports people with complex neurological disabilities won Community Champion at the prestigious Eastbourne Business Awards.

Their large therapy team provides specialist rehabilitation programmes for people with disabilities resulting from spinal injuries, Acquired and Traumatic Brain Injuries, stroke, loss of limbs and progressive conditions such as Multiple

Sclerosis, Motor Neurone and Parkinson's Disease.

They are seen here celebrating their award with Christina Ewbank, CEO of Eastbourne UnLtd Chamber of Commerce.



New members for December

ThinkWork Startup Consultancy • Mr Media Agency • Fame Academy • Mortain Place • Headland Ventures • Fertility Network UK
Charles Cox Property Group • Heritage Commercial Property • JK Accountants Sussex Limited • Cycleshack

Chamber Of Commerce Christmas Lunch raises £2000 for two local charities

A Grand time was had by all at the Chamber Lunch, which this year raised money for Inspire Sussex and Muma Nurture.

The annual Chamber Christmas Lunch took place at the Grand Hotel on the 8th December. The three course lunch was followed by our famous charity raffle, featuring the most generous prize lineup to-date. The event raised £1000 for each of our chosen partner charities, Inspire Sussex and Muma Nurture.

Muma Nurture supports those affected by infertility, pregnancy, peri & postnatal mental health issues, and perinatal death (baby loss). We provide a place to belong for those experiencing these unfortunately common and often overlooked struggles through



specialist counselling, holistic therapies, support groups and community events and activities. Learn more at mumanurture.org

In 2023, Eastbourne Mencap proudly unveiled its rebranding as Inspire Sussex, marking a renewed commitment to inspiring

and empowering individuals with learning disabilities.

At the core of Inspire Sussex, is a dedication to involving those we support in decisions about their lives. Operating three specialised residential homes and a thriving day service led by devoted managers,



we support individuals to maximise independence and community participation.

You can find out more about their work, please visit: www.eastbournemencap.org.uk

RMJ Wellbeing: How to overcome the infamous January Blues and live your best life in the year ahead

RMJ Wellbeing is a multi-award winning health and wellbeing business whose aim is to ensure we all live your best lives, and here Reeta from RMJ shares her tips to start achieving this in 2024.

Key to feeling relaxed and happy is to have ambitions and plans for the year ahead.

Booking a holiday for the year ahead - something to look forward to.

Set goals and targets to aspire to throughout the year.

Re-evaluate your priorities.

If you feel that you're not living your best life - take action including therapy / counselling.

Always make time for hobbies and leisure time for yourself so that you have "You Time".

Exercise and eat healthily as a healthy body leads to a healthy mind.

Join groups and clubs to meet new people and make new friends.

Go for a walk every day as it's not only good exercise it also allows

you to see the outside world and enjoy your surroundings.

"If something is hard, it's worth working towards."

"We only have one life, so let's live it the best".

RMJ Wellbeing offers one-to-one therapist and coaching sessions and is holding a series of Wellbeing Retreats throughout 2024 at the Grand Hotel, Eastbourne.

You can learn more at www.rmjwellbeing.com



Join today and reap the rewards!

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

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

Annual membership starts from as little as £59+vat per year – Join today, it's a complete no brainer!

DINING AT THE LANSDOWNNE

Friends & Family

2 for £26

Est. 1912
Seafood & Steak



New year. New feeling.

It's always been about family to us. Family owned for 112 years. And, this time of year, family and friends should stay close. So, during January and February you can get two courses in 1912 for £26. Family, friends and great food. Sounds like a fabulous way to spend the next few months.

Always Family



THE LANSDOWNNE

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



A bit of a Christmas do

MANY an historic traveller will have walked from Westham pond, along Peelings Lane to the Red Lion at Stone Cross for some refreshment, and a few weeks ago it was the turn of the *Polegate Ramblers* on their Christmas outing.

By **Lindsey Gwynne**

Thirty-five festive-hatted ramblers marshalled at Westham Village Hall before heading off for the 45 minute tramp along the lane, fuelled, it seemed, by conversation!

Snippets of Christmas, grandchildren, holidays, golf, theatre, and many other subjects, filled the air as boots splashed through puddles and navigated muddy patches along the way.

At the Red Lion, coffee (or tea) and a mince pie were cheerily served by the hosts and their cosy lounge bar was taken over by the happy throng for an hour or so. Someone spied an advert for Irish Bingo to be played at the pub. On investigation, in this game all participants stand up and are given a number. When that number is called, the participant sits down. Last one standing wins the prize! Time to return to Westham, and heads are counted to make sure no-one is left in the loo!

Meanwhile, at Westham Village Hall, the catering team had been preparing a celebratory lunch; jacket

potato with a choice of delicious hot, home-made fillings, with pudding & coffee to follow. Suitably refreshed, ramblers then engaged the grey-matter for a fun 50-question quiz. Who knew that exobiology was the study of life in space?!

It's no end-of-term for the *Polegate Ramblers*, and walks are still planned every Thursday through the festive season and into the New Year for members to attend when they can, including a gentle 'twixt walk' between Christmas and New Year to walk off some of the festive indulgence. Then it's full steam ahead into the new programme. New Year's resolution: to keep on rambling! And enjoy the seasons, the views, the open sky, the rolling downs, the flora & fauna, and of course the delightful company for another year!

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

Free arts workshop

JANUARY 16th from 5:30pm – 7:30pm for young people aged 12–25 at Leaf Hall, 51 Seaside, Eastbourne BN22 7NB.

By **Gail McKay**

Akila Richards is an award-winning writer, poet and spoken word artist as well as an accredited creative coach and mentor.

Akila is offering this workshop as part of *Transit Eastbourne* and will invite you to come to the *Towner Gallery* in Eastbourne to see the *Turner Prize* exhibition when she is in residence on February 7th and 9th.

Come along and work with her to support your skills around storytelling, lyric writing, performance and confidence.

Sign-up at: www.audioactive.org.uk/get-involved

FREE WORKSHOP with writer, poet & spoken word artist
AKILA RICHARDS
For young people aged 13 - 25

STORY TELLING
LYRIC WRITING
PERFORMANCE

Tuesday
19th Jan
5:30 - 7:30

@Leaf Hall
 51 Seaside,
 Eastbourne
 BN22 7NB

Register a place at audioactive.org.uk/get-involved

bring pen and paper + wear comfortable clothes

LUXURY WATCHES • FINE DIAMONDS • PRE-OWNED • AFTERSALES

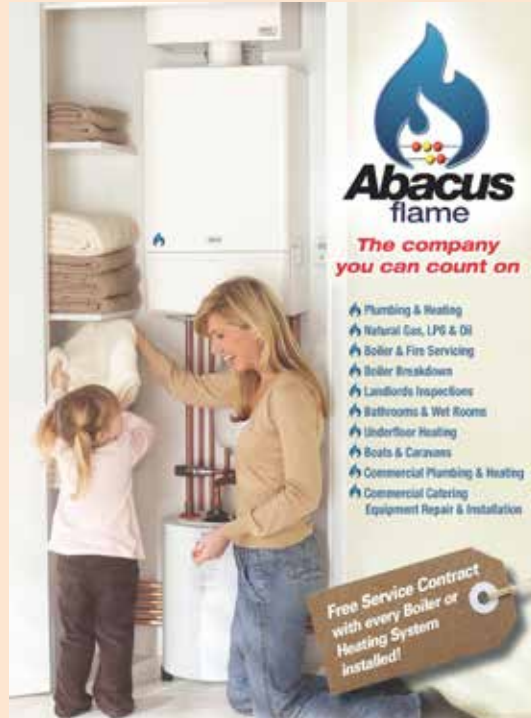
BRUFORDS

Established in Eastbourne since 1886, at Brufords we are extremely proud of our reputation for exceptional service, exclusive choice and attention to detail.



Find us in The Beacon
or coming soon our new premises at
10 Cornfield Road.

enquiries@brufords.com 01323 725452 www.brufords.com



Abacus flame


The company you can count on

- Plumbing & Heating
- Natural Gas, LPG & Oil
- Boiler & Fire Servicing
- Boiler Breakdown
- Landlords Inspections
- Bathrooms & Wet Rooms
- Underfloor Heating
- Boats & Caravans
- Commercial Plumbing & Heating
- Commercial Catering Equipment Repair & Installation

Free Service Contract with every Boiler or Heating System installed!

Carl Slazacek

BUSINESS BRANDING PHOTOGRAPHY



Hi, I'm Carl...

...and if you're ready to take your brand to the next level, let's work together!

I offer a range of branding photography services to suit your needs, from lifestyle shoots, products to properties and more.

So don't settle for mediocre visuals - let's create something truly amazing together!!

Ready to get started? Send me a message today to learn more about my services and pricing. I can't wait to help you bring your brand to life!

Contact Information: Call: 07403 636603
Email: info@carlslezacekphotography.co.uk
www.carlslezacek.com

Barraclooughs



ViP

Value iPlan



EXCLUSIVE DISCOUNTS AND BENEFITS

BECOME A ViP MEMBER TODAY

www.barraclooughs.uk/vip



ECK

Bookkeeping and Accounts Ltd.

Finding yourself buried under a pile of paperwork?



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

www.eckbookkeeping.co.uk aat AAT Licensed Accountant

admin@eckbookkeeping.co.uk 01323 348 480



Deliciously Sweet

12, 16 or 24 lovely Belgian truffles.

Beautiful gift, floral and loveheart boxes filled with chocolate for the special person in your life, or simply just to say "thank you".

Order today on 01323 920141
www.deliciouslysweet.co.uk

PRINTS REGENT

PRINTS EVERYTHING




From business cards to banners, clothing, gifts and promotional items. Express print and copy service.


01323 370077 printsregent.com

Charter House (opposite ESK)
Courtlands Road, BN22 8UY

★★★★★
REVIEWS



Protecting you & your loved ones



Personal, Business & International Healthcare

Victoria Healthcare Management Ltd.
Sovereign Harbour, Eastbourne BN23 6JH

01323 301 270 www.victoriahm.co.uk

Victoria Healthcare Management is an appointed representative of Jade Mortgage Services Ltd who is authorised and regulated by the Financial Conduct Authority. FRN 303414.



Pronto

YOUR LOCAL SMART REPAIR CENTRE



COSMETIC VEHICLE REPAIR MADE EASY!

WE REPAIR

DENTS • SCRATCHES • SCUFFS • SCREENS • WHEELS



NEED A QUOTE?
CALL, VISIT OR SEND US A PICTURE OF WHAT YOU NEED REPAIRING

Unit 1, Hawthorn Road, Eastbourne, BN23 6QA
01323 405201 • digital@prontocarcosmetix.co.uk

prontocarcosmetix.co.uk

Here are just some of the benefits of joining:

- Free PR in East Sussex business publications
- Great networking opportunities

- Business support & advice
- Social media & marketing training
- And much more!

Tel: 01323 641 144

Email: info@eastbournechamber.co.uk

www.eastbourneunltd.co.uk

Quantuma
www.quantuma.com

Our Services:

- Asset tracking & recovery
- Corporate finance
- Business transactions
- Cross-border restructuring
- Mitigating risk
- Forensic accounting
- Resolving business disputes
- Restructuring & insolvency

Foundry, 78, The Beacon, Eastbourne, BN21 3NW
0330 053 1660

Nisa
Making a Difference Locally

Proudly independent!

We are a small, local business and pride ourselves on providing you with exceptional service and a shop tailored to local needs.

Find us at -

- Esso Old Town Service Station
BN21 1HQ
Open 6AM - 10PM
- Gulf Trinity Place Service Station
BN21 3BZ
Open 6AM - 9:30PM

Pomodoro e Mozzarella
Pizzeria
Ristorante

Why not try one of our home made pizza's in the lively vibrant atmosphere of our restaurant or something else from our large and comprehensive menu of over one hundred home made dishes.

We have a childrens menu, gluten free menu including our own gluten free pizza.

Please visit the website to see our menus.
www.pomodoro-e-mozzarella.com

01323 733800
23/24 Cornfield Terrace,
Eastbourne,
East Sussex, BN21 4NS

For current opening times please check our website

FoEH Friends of Eastbourne Hospital

Raising funds to provide extra equipment and amenities for the Eastbourne DGH

Contact us to find out how you can **Help us, help them, help you**

01323 749503
www.friendsdgh.org.uk
esh-tr.friendsdgh@nhs.net

Join our New Wine Club

Only £20.00 a year to become a member and then receive discounts at many Eastbourne restaurants, wine bars, wine merchants and lots more.

Plus, discounts on all our wine pairing dinners and tastings and a range of hampers.

See the complete range of discounts on our website: www.popnpour.co.uk

Tel: 01323 737271 Mobile: 07971 851777
www.popnpour.co.uk info@popnpour.co.uk

Design Lab Eastbourne
Design, Print, Clothing, Signs & Vehicle Graphics

VFM GUARANTEED

If you mean Business, Then there's NO Alternative!

Book Your Vehicle Or Shop Signwriting & Get 500 Business Cards FREE

07909 025 088
www.designlab-eastbourne.co.uk

Security Solutions. For Every Situation.

- Manned Guarding
- Corporate
- Shopping Centre Security
- Close Protection
- Event Security
- Building Facilities
- Mobile Patrols
- Key Holding
- Event Consultancy
- Alarm Response
- Fire Watch
- Secure Cleaning
- SIA Accredited Training School

For peace of mind, call **0844 371 5434**
AP Security (APS) Ltd. Peregrine House, Ford Lane, Arundel, BN18 0DF
www.apsecurity.co.uk

Do you need some rubbish cleared?

ETS Waste can help!
ETS Waste are your No. 1 choice for professional waste and property clearance in East Sussex.

- Friendly Team
- Prompt and Reliable
- Trading Standards Approved

Get a free quote today!
Call 01323 764744 or visit etswaste.co.uk

OUR SERVICES AND COURSES

- Leadership Development
- Change Management
- Operational Brilliance
- Situational Leadership
- Team Building
- Productivity
- Time Management

CREATING ENVIRONMENTS WHERE TALENT CONSTANTLY THRIVES, CAREERS ARE DEVELOPED, AND TRUE POTENTIAL IS REALISED

TALK TO US
Tel: 01323 764744
www.etswaste.co.uk

FREE DISCOVERY MEETING

Eastbourne Education Business Partnership – A year in focus

TIM Sorensen from *Eastbourne Education Business Partnership* writes, “it’s been another fantastic year with a very busy and exciting programme of events for schools”.

By **Tim Sorensen**

We started with ‘Our King In-Bloom’ in partnership with *Eastbourne Borough Council*. Primary pupils learnt about their new King, the Royal family and plans for the coronation before designing a carpet garden to be planted out at Holywell – our 29th year. Winners, *Bede’s Prep* helped the mayor with planting in June.

The *BIG Futures Show* in April saw over 2000 visitors from schools, colleges and the wider community. More than 80 organisations were on-hand with information and interactive exhibits to help inspire the next generation. Active job-seekers were also supported with several employment successes following the show.

It was *Eastbourne Young Chef* in June and a very warm welcome back for Jupiter Humphrey-Bishop, our 2015 winner and now Footman in the Royal Household. October

marked a new event with schools looking at designs and activities for a proposed ‘education courtyard’ as part of plans for the repurposing of *Black Robin Farm* on the Downs. This was closely followed by the *Junior Enterprise Challenge* with teams creating new ideas and souvenir animal masks to help promote *Eastbourne Carnival 2024* and the theme ‘Into the Wild’.

Eastbourne Youth Radio was on-air again in November from the studios at *East Sussex College* with programmes planned and presented by young people aged 5–19. Our final event for 2023 was the ever-popular *Pantomime Technology Challenge* in association with *Eastbourne Theatres* – Belle needed a more up to date method of transport help get through the forest to visit her father. Oh yes, she did!

Looking ahead, we have our *Young Engineers Challenge* in January and then it’s *Downland In-Bloom*, closely followed by BFS



Eastbourne Young Chef.



Eastbourne Youth Radio.



Our King In-Bloom.



Young Engineers Challenge.

2024 on 23rd April at *Eastbourne Sports Park*. Huge thanks to all the participating schools and the many business and wider community partners for their continued support and sponsorship. The *EBP* team are

looking forward to delivering more exciting events in 2024.

For further information, contact tim@eastbournebp.org.uk or call **07890 388624**.



SUSSEX Footcare has had an extremely successful year – and it’s looking very positive for 2024.

By **Peter Lindsey**

The company – based in Watts Lane – is a podiatry and chiropody specialist. They use the latest technology and are constantly developing whilst others stand still.

Treatments on offer include:

- Routine nail care.
- Nail surgery (Ingrown nails).
- Verruca’s.
- 3D scanning Orthotics.
- Fungal nails.
- Musculoskeletal assessments.
- Biomechanics.
- Sports injuries.



Expanding

Owner Andrew Albon says demand has been very high.

Because they are so busy, there are now three full-time staff with a fourth due to join in the New year.

Sussex Footcare has expanded and now works with over 50 care homes across the county, from Hastings to Brighton, showing real growth from the previous year.

Andrew said: “We have had a great 2023 during which time we have treated well over 100 patients in the clinic, over 50 nail surgeries carried out, and many more in our care homes and home visits.

“We have about 80 per cent repeat business where clients come back. That is very reassuring given that for many, once we treat them their problem is solved.

“Care homes are very important to us, and yes we are open to going into more of them. We offer a great package for all of our care homes. All of our staff are dementia champions and we have raised money for charities such as the *Alzheimer’s Society* as it is close to our hearts.

GP referrals

GP referrals are a key part of what *Sussex Footcare* offers.



Andrew said: “We are able to resolve nine out of ten issues that we come across with our patients, but of course there will always be some that need further examination or imaging.

“That is when we are able to contact the GP direct rather than the patient having to wait anxiously for a GP appointment themselves.

“We can send them a detailed referral letter and request imaging such as x-ray or ultra-sound, we work best with a multi-disciplinary approach to achieve the best outcome for our patients.

“Whilst we continue to grow, we will yet again be taking part in the National Campaign *#podshealheels*, which takes place in March, where we will be actively helping patients with common heel pain through our *Facebook* page and other social media platforms.

“Our website has also recently had a revamp and people can now book appointments online.

“We are keen to play a key part in the community that we are proud to serve.

“For a few years now, we have sponsored the Charity Golf Day at Willingdon Golf Club various charities including *Matthew 25 Mission*, *Rocking Horse children’s charity* and *St. Wilfred’s hospice*.

“We are very proud of how far we have come in the last year and we are very much looking forward to see what we can achieve in 2024.”



Andrew Albon BSc (Hons) MRCPod.

5 Watts Lane, The Mews Eastbourne BN21 1NP

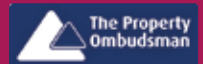
**07830 417007
andrewalbon@yahoo.co.uk
www.sussexfootcare.co.uk
Sussex Footcare**

If you have a foot problem, come, and see the foot experts at Sussex Footcare. We often have patients say they wish they had come to us sooner.



**GINGER &
SANDERS**
PROPERTY SALES & LETTINGS

Est. 2012



Get the sale or
let of your
property off
to a stunning
start in 2024 with us!



Contact Ginger & Sanders, your local Lettings and Estate Agency

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

“passionate about property”

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

01323 701702

info@gssalesandlettings.com | gssalesandlettings.com

Please contact James, Peter or Lisa for a FREE,
no obligation market appraisal.

Health & Wellbeing



your brand need revitalising?
THINK CUSTARD

custard
DESIGN MARKETING PRINT

01323 430303 instant@custard-design.co.uk



Join us for
our next
event

Bowes House care home Hailsham

Stroke awareness

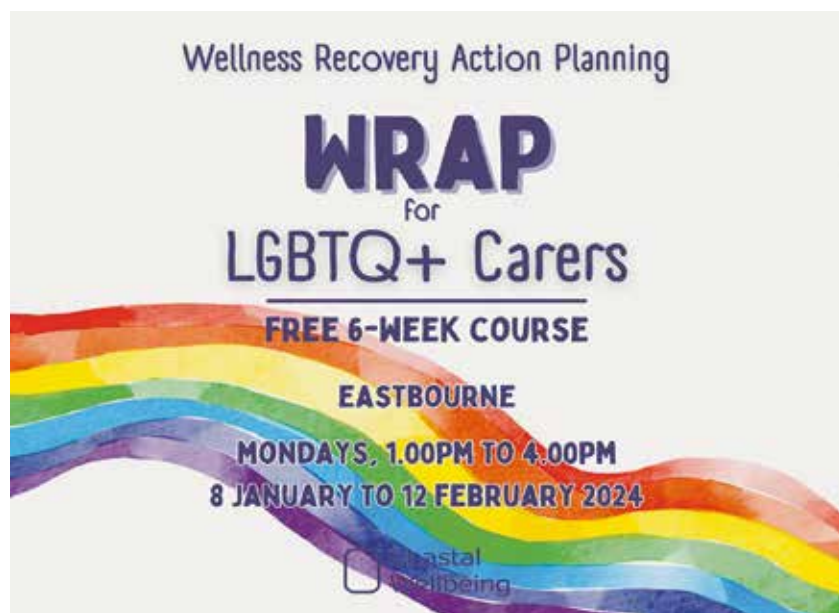
Wednesday 24th January 2022
2pm - 4pm

Meet Lynne Vincent from The Stroke Association to hear insights about this condition with information on the stages of recovery.

Trusted to care.  **Good**

To book please call
01323 364183 or email
karen.milligan@careuk.com

care UK 



WRAP course for carers

A NEW course for LGBTQ+ Carers is taking place in Eastbourne at the start of 2024. There are six sessions – four in January and two in February.

By **Peter Lindsey**

Are you supporting a friend, partner, or family member in an emotional and/or physical role who couldn't manage without you? If so, this course is for you.

- Wondering if there is a safe space to feel like you again?
- Needing connection?
- Looking for empathy & understanding?

On this FREE, in person, WRAP Course you can...

- Discover wellness tools.
- Create a daily wellness plan.
- Identify triggers and early warning signs.
- Learn about action planning for times when life gets challenging.
- Explore crisis planning.
- Build confidence and self-esteem.
- Share experience and learn from others.
- Focus on your wellbeing.
- Be supported, valued, and respected in a safe space with experienced facilitators, Lucy and Molly.

This course “gives you a chance to look at your wellness from a new perspective. The concept of having a plan for my wellness had never even entered my mind before taking part in this course. It not only helps you see issues from a new perspective but also gives you a simple way in which to make changes that anybody can do.” – Carer.

The course will be held in central Eastbourne and the sessions will take place on Mondays from 1:00pm to 4:00pm as follows:

- Session 1 – 8th January 2024**
- Session 2 – 15th January 2024**
- Session 3 – 22nd January 2024**
- Session 4 – 29th January 2024**
- Session 5 – 5th February 2024**
- Session 6 – 12th February 2024**

Any unpaid carer, living in East Sussex, caring for an adult age 18+ can attend.

Book here:
<https://WRAPforLGBTQCarers.eventbrite.co.uk>

You can call Molly on:
07507 734 370 or email:
molly@coastalwellbeing.co.uk

www.coastalwellbeing.co.uk/wrap-for-carers/



Mobility Scooters From **£729***



Eastbourne Showroom

336/338 Seaside
Eastbourne
BN22 7RJ

(Next to Tesco Express)

01323 484 060

Mon-Sat 9^{am}-5^{pm}

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

www.clearwellmobility.co.uk



FREE 2022 Brochure

BOUFR

Name _____

Address _____

Postcode _____

Post to: FREEPOST CLEARWELL MOBILITY

Community wellbeing club

THE newly formed *Eastbourne Coffee and Cake Talking therapies club* is set to have its inaugural meeting in January at *The Snug* in Trinity Place.

By **Gail McKay**

The organizer, Stephen Fahey, a budding entrepreneur in Eastbourne, aims to establish a community hub promoting awareness for healthy wellbeing.

Stephen, a former local supply teacher in Eastbourne and Brighton, is currently retraining to become a

counselor. His goal is to provide a safe haven for the Eastbourne community to gather and converse once a month. Additionally, Stephen is gearing up to launch a mental health walk-in clinic next year.

"I'm thrilled to kickstart this small yet impactful community mental health



project. Drawing from my experiences in independent research and the skills acquired during my counseling course, I want to contribute to the wellbeing of my community. My deep-seated belief in assisting others, coupled with my previous role as a teacher, will be instrumental in welcoming the people of Eastbourne to this new community club."

As we've seen with the impact of COVID, mental health has emerged as a significant focus in the community. However, there is a notable absence of support groups taking the lead. Hence, Stephen's innovative initiative is warmly welcomed in our great town.



Stephen Fahey.

f @eastbournecoffeeandcaketalking

**The Trinity Centre, Trinity Place
Eastbourne BN21 3BX**

New support group launched

THOUSANDS suffer from a painful hidden condition across Sussex.

By **Peter Lindsey**

A woman has launched a support group for those who suffer from a debilitating condition that affects as many as one in ten women.

The *Endometriosis UK East Sussex Group* will offer peer-to-peer support and a chance to share stories, information and advice – online and at in-person meet-ups and events.

The volunteer-led group was set up by Lydia Eccleston, and its first event is due to take place this month.

Endometriosis is a gynaecological disease which affects the physical and mental health of more than 1.5 million women.

The group said that many of them desperately needed support and information to help them understand this chronic condition.

The main symptoms include chronic pelvic pain, painful periods, painful bowel movements, pain during or after sex and fatigue.



Lydia Eccleston.

She said: "It took 11 years of appointments, delays and frustration before I was finally diagnosed formally with endometriosis.

"An *Endometriosis UK* support group back home in Staffordshire was invaluable both for navigating NHS systems and emotional support during that time.

"When I moved to Brighton nearly two years ago, for an exciting new job, I was almost back to square one,

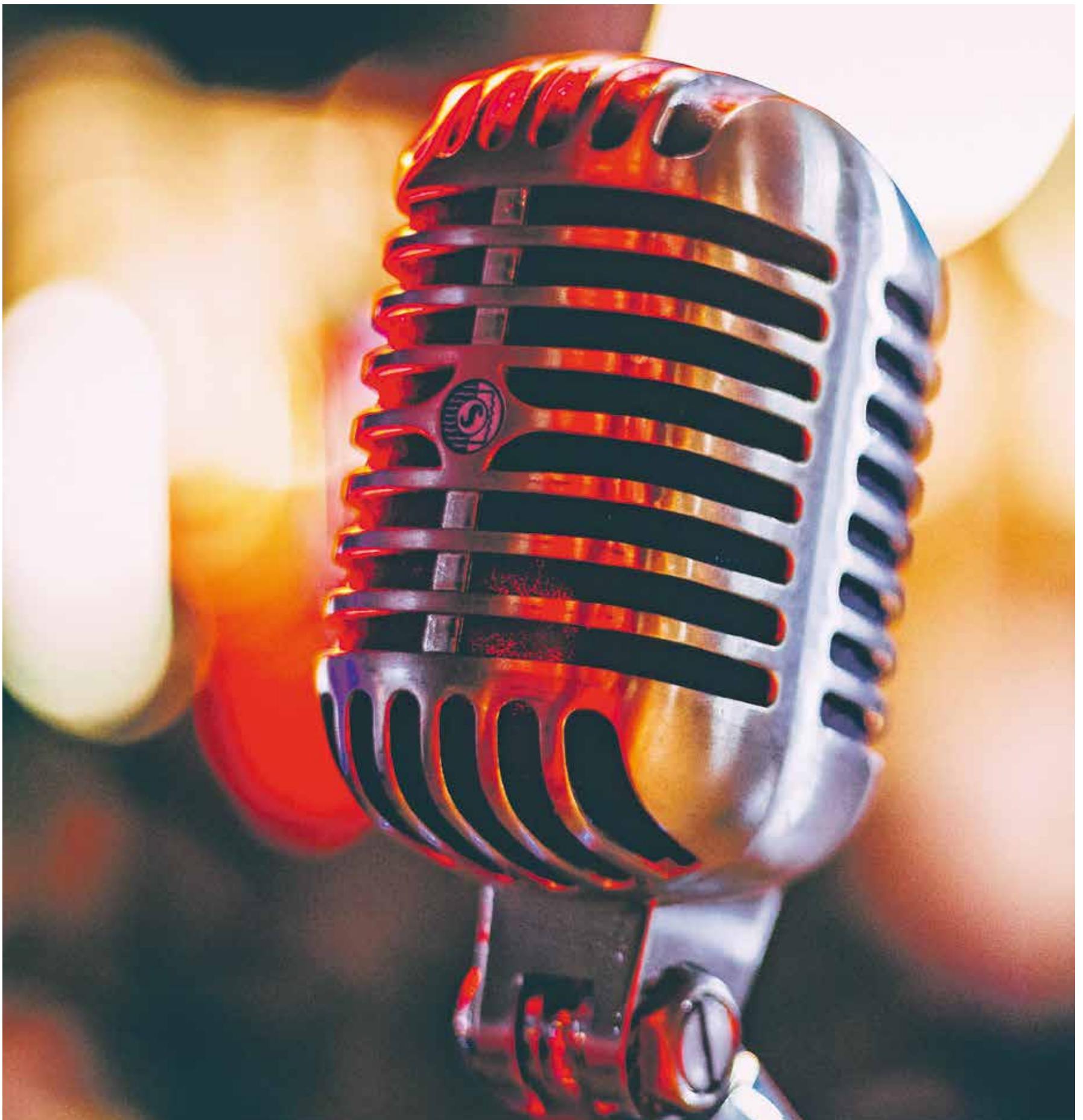
faced with new NHS waiting lists, consultants and systems as I tried to get the care I need.

"It made me determined to create a new group here in East Sussex to support others like me in the area."

Email: **EastSussexGroup@endometriosis-uk.org**

ENDOMETRIOSISUK

The Arts



Singing about your art?
THINK CUSTARD

custard
DESIGN MARKETING PRINT

01323 430303 instant@custard-design.co.uk

A BREATHTAKING TRIBUTE TO THE 'QUEEN OF BRITISH POP'

THE **DUSTY** SHOW

FRI 8
MAR 7:30 PM

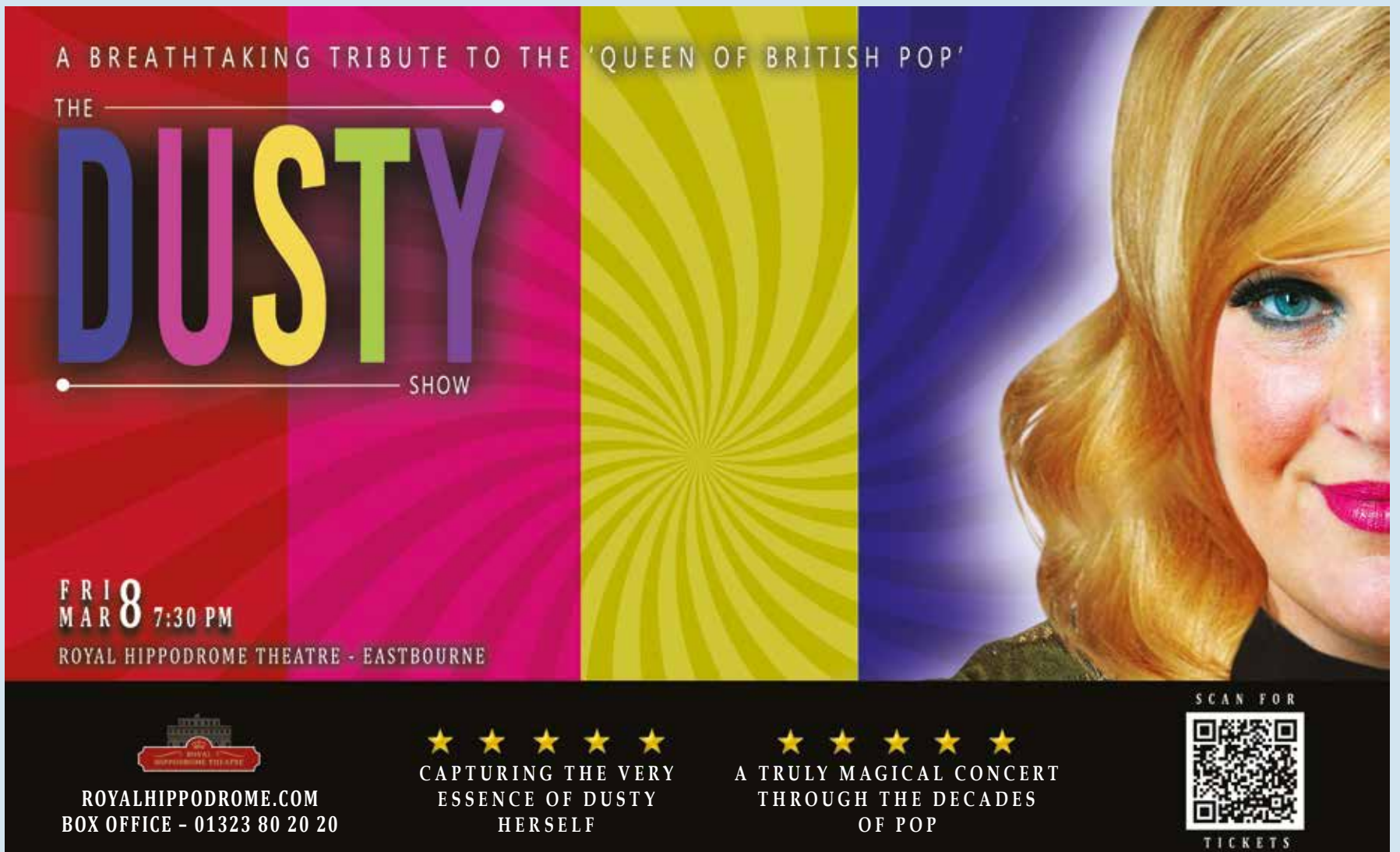
ROYAL HIPPODROME THEATRE - EASTBOURNE

ROYALHIPPODROME.COM
BOX OFFICE - 01323 80 20 20

★ ★ ★ ★ ★
CAPTURING THE VERY
ESSENCE OF DUSTY
HERSELF

★ ★ ★ ★ ★
A TRULY MAGICAL CONCERT
THROUGH THE DECADES
OF POP

SCAN FOR
TICKETS



Australia's pioneer modern artist

A VISIT to a rooftop flat in Meads has left me breathless, and not just because of the stairs.

By **Gail McKay**

Gaynor Sadlo, widow of the most famous artist you've never heard of Alexander Sadlo, has an almighty collection of her husband's work.

Unable to finish his art studies in Prague, Alexander escaped the Communist invasion and spent 18 months in a refugee camp in Austria before being accepted as an émigré into Australia in 1950.

Alex was a pioneer in the modern art movement in Australia, and developed his skills in many mediums. He created contemporary jewellery conceptualised as 'art to wear'.

The Sadlos settled in England in 1972 and Alex spent his last five years in Eastbourne. An exhibition of his work will be at the new *Gallery@42* in South Street, Eastbourne next month. It will celebrate his long time interests, human figures in the midst of movement.

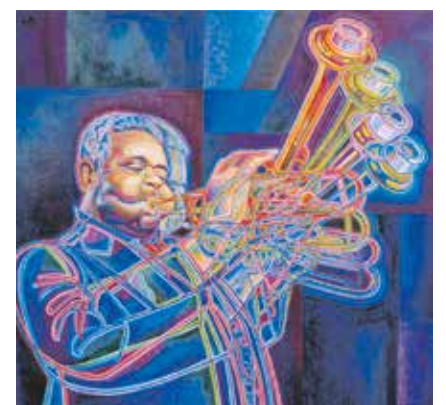
It will bring a whole range of his figurative paintings together from

the past 50 years and will feature ceramics created by Gaynor from Alex's designs.

The exhibition will run from:
3rd – 18th February 2024
12pm – 6pm

Gallery@42
42 South Street
Eastbourne BN21 4XB

galleryat42@gmail.com
www.galleryat42.co.uk



Caribbean Two Beat

GALLERY@42 is a new gallery on South Street is proving to be a major contributor to Eastbourne's art scene.

By **Gail McKay**

Pennie Cunliffe-Lister has engaged curator Renee Rilexie to put together back-to-back exhibitions, keeping it fresh month to month.

The new year kicks off with Pennie's own paintings. A collection based on 10 years of visiting Antigua & Barbuda. Inspired by the light, the colour, the people and the sea, Pennie has created a collection of memories,

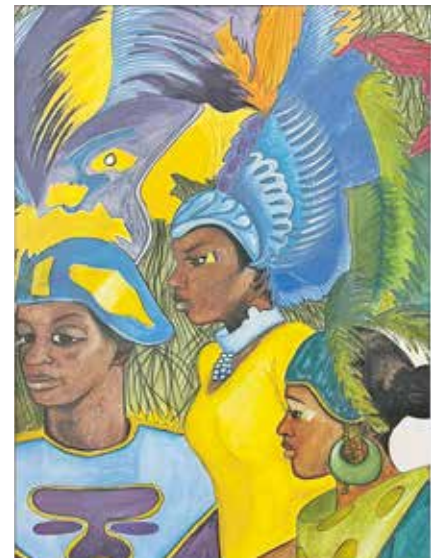
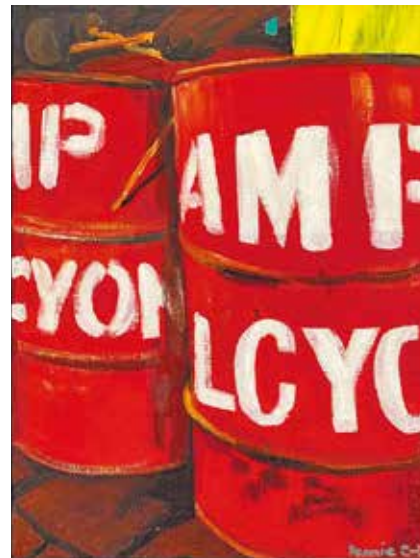
Painted from life and from her photos and films. Using oils and watercolours, each painting opens a window to the beauty of this part of the world.

**11th – 30th January 2024
12pm – 6pm**

www.galleryat42.co.uk

**42 South Street
Eastbourne BN21 4XB**

**07703 452554
galleryat42@gmail.com
www.penniecunliffe-lister.com**



KOMEDIA

comedy club

Every Friday & Saturday Night

'Best Comedy Venue in the South' (Chortle)

TICKETS ON SALE AT KOMEDIA.CO.UK/BRIGHTON
OR CALL 01273 647100



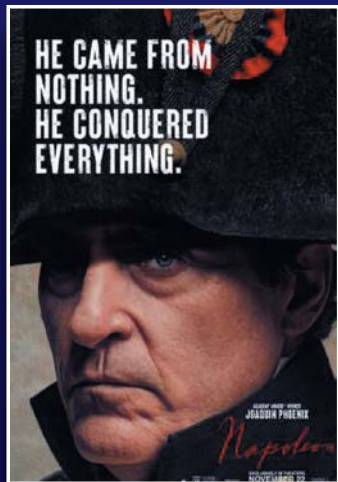
INDEPENDENT CINEMA, LIVE ENTERTAINMENT & THEATRE VENUE

What's on in January!

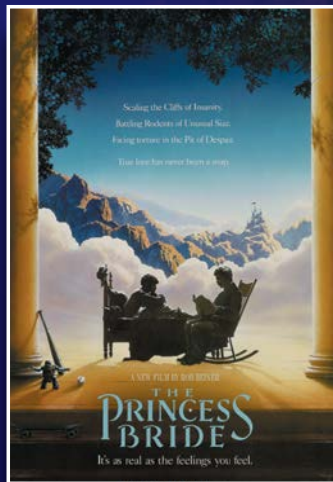
FREE PARKING
THROUGHOUT HAILSHAM



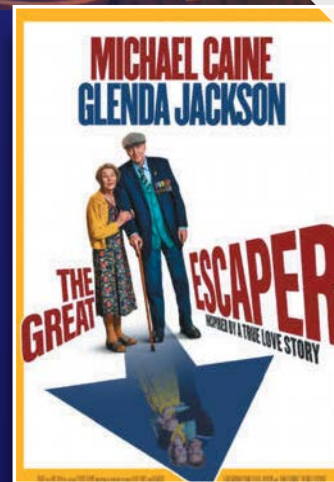
U Wish



15 Napoleon



PG The Princess Bride



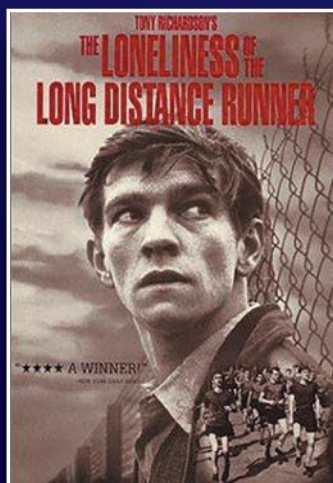
12A The Great Escaper



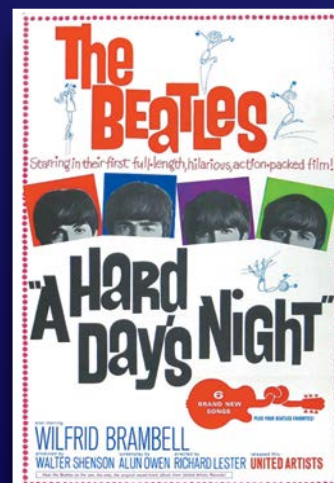
PG Wonka



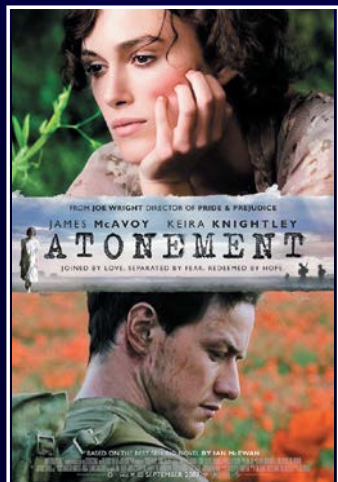
PG Local Hero



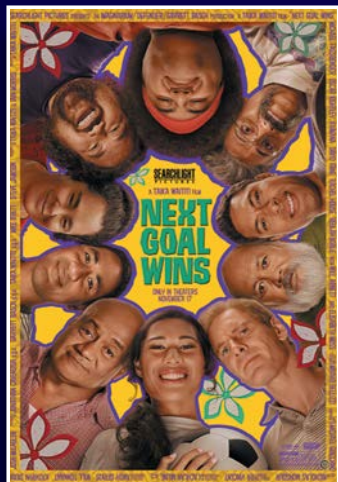
15 The Loneliness of the Long Distance Runner



U A Hard Day's Night



15 Atonement

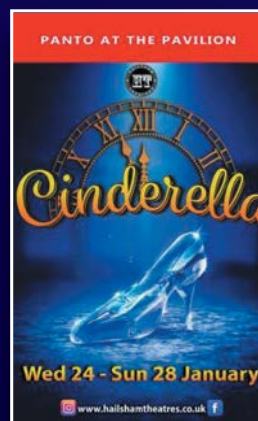


12A Next Goal Wins

EVENT CINEMA



LIVE EVENTS



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



Reg. Charity No.1062538
GEORGE ST, HAILSHAM BN27 1AE

01323 841414

Beauty and the Beast is brilliant

AS a newcomer to Eastbourne Panto, I was looking forward to this year's *Beauty and the Beast*. I'd mentioned that we were going to various friends, and they all said we'd absolutely love it!

By **Gail McKay**

Well readers, we did love it and here's why: it was funny, clever, and visually stunning.

Chris Jordan is the creator of Eastbourne's famous pantos. They are crafted together so meticulously, to appeal to all ages. There aren't many things that are fun for all the family, but this is.

The jokes are genuinely funny, **Tucker** (Potty Pierre) and **Martyn Knight** (Dame Dotty) have got their performances down to a fine art. They've been working together for 10 years, and it's clear they are incredible as a comedy duo. When Tucker goes off script sometimes, Martyn is there to bring him back on track.

Malevolent, played by **Carli Norris**, was the perfect villain, she brought, glamour, wit, and incredible voice. You'll recognise the RADA



actor, from *Eastenders*, *Holby City*, *Doctors* and *Hollyoaks*.

Fairy Formidable, played by **Rebecca Vere**, was the playful good Fairy, trying to outwit the Evil Malevolent. She provided a cheeky French naughtiness to the show, again, along with beautiful vocal skills.

Everyone deserves a mention, **Katie Cochrane** was radiant as Beauty in her professional debut. **Brendan Hooper** (Jean Jaques) gave a warm and funny performance as Beauty's Dad. Lewes Roberts, was splendid, as he transformed from the ridiculous Prince Gallant, to the mournful Beast, (and back).

We all love live music, so hat's off to Carl Greenwood and his team for pulling off some remarkable performances. No spoilers here, but the musicians played a big part in keeping the laughs big.

I've not even mentioned how good the songs were, but you'll need to go and find out for yourselves how Abba, Rag'N'Bone Man, Kylie, Fatboy Slim got on in medieval France.

Fri 8th Dec 2023 – Sun 14th Jan 2024

Devonshire Park Theatre
8–10 Compton Street
Eastbourne BN21 4BW
01323 412000

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 **Beth Tibbles, Freelance Illustrator**

I'm an Eastbourne based Illustrator, creating fun, bold and playful artwork for a wide range of clients. My illustrations have featured across products in shops, for stories, TV programmes, magazines, branding and logos.

I love working closely with my clients to come up with designs that best suit their needs. I recently had the joy of collaborating with local business, *To The Rise Bakery* in Eastbourne. They asked me to design a fun illustration to run across their new range of t-shirts and jumpers for their shop.

I've created illustrations for shops such as, *The Falkland Islands Museum*, *National Trust*, and *The Royal Yacht Britannia* in Edinburgh to name a few. My illustrations feature on products like, tote bags, notebooks, mugs, greeting cards, art prints and t-shirts. I work with shops and local manufactures, to create whole bespoke ranges, including packaging, that promotes their local area.

Two amazing projects this year have been creating a series of map illustrations for *Channel 5's* new TV show titled, *Jersey & Guernsey* and illustrating Aesop fable *The Fox and the Crow* for the BBC's online learning platform, *Teach*.

It's great to be a part of the *Makers Directory* and to feature alongside so many talented creatives. Make sure to check them out.



www.themakersdirectory.co.uk/directory/beth-tibbles

bethtibblesdesign@gmail.com
<http://beth-tibbles.myportfolio.com>
[@beth.tibbles](https://www.instagram.com/beth.tibbles)



**jan
sale**
NOW ON



Huge Reductions . Limited Time Only

FURNITURE - GARDENING - CLOTHING - TOYS - PETS - EQUESTRIAN

UpCountry
Dittons Road, Stone Cross
Pevensey, BN24 5ET

www.upcountrystorehouse.com

01323 488188



Green and pleasant

JANUARY can often be the coldest month by far, although we had some pretty cold days in December too. It might still be the middle of winter but as the days begin to lengthen, the garden will start to grow. Now is the perfect time, sat by a glowing fire indoors, to plan for the coming gardening year and maybe order seeds and plants, if not already done. Let's hope for some sunny days when we can enjoy the fresh air and check the winter protection, such as stakes, fleeces, ties and supports. I make sure that I put out food for the birds and if you have suitable areas in your garden, leave uncut a little longer to provide shelter for wildlife.

By **Geoff Stonebanks**

If you purchased a real tree for the festive season, you may be wondering what to do with it. Some suggestions I've picked up online are to let it rot as real trees are biodegradable, and unlike many other types of timber are free from wood preservatives. The rotting tree fragments support many insects and other wildlife, as well as improving the soil and feeding nearby plants. Shredding Christmas trees greatly speeds up their decomposition and the end result makes a good mulch. Alternatively, take it along to a council collection area and let them make best use of it.

The Winter Garden

Many summer visitors ask if I open my garden through the winter months, as they would like to come and see the bare bones of the plot. To date, this is not something I have done, primarily I suppose as everything is put away for the winter and I've got no undercover areas for anyone to sit and enjoy refreshments in colder weather. I always say to them if they are really desperate to come and see then to give me a ring and if it is convenient, then fine! Over the years, I guess a dozen or so people have done this but I've not charged, just asked for a donation to *Macmillan Cancer Support*.

In some ways it is a shame not to open, especially on a cold frosty winter morning. The garden becomes a winter wonderland with a light dusting of snow or a heavy frost. The large presence of rusty metal pieces, across both front and back gardens, creates the perfect framework upon which snow and frost are beautifully displayed.

There are many rusty metal flowers throughout the garden and they are beautifully decorated with glistening frost in the winter too. I always tell visitors that the excessive use of metalwork across the garden not only enhances its look through the summer months but really come into its own through the winter months. In the summer there is generally lots of colour on show but in the winter the vistas around the plot rely heavily on the range of greenery and metal sculptures.

National Garden Scheme

Late January sees the start of the open garden season for the *National Garden Scheme*. They begin with the wonderful snowdrop visits but at time of writing no final decision made for late January openings in Sussex, so please do check the scheme's web site for all the details. Last month, the *National Garden Scheme* published record donations for 2023 of £3,403,960 which has been donated to some of the UK's best-loved nursing and health charities.

Looking good in January

There are some plants that are really at their very best in the winter. One in particular is Siberian Dogwood and its gorgeous red stems. Its proper name is *Cornus alba*

"Sibirica", Dogwoods are mostly grown for their wonderful coloured stems and can provide a fabulous bright flash of colour in Autumn and Winter. They look good with other species in a mixed hedge or standing on their own. Dogwoods are very hardy and do well in sunny sites or partial shade and especially in moist areas. Mine is in the back garden, adjacent to the new patio by the shed where it is clearly visible from the house, especially through the winter months. Another gorgeous winter shrub is camellia *Yuletide*, producing stunning flowers. Mine is located in the shade near the house and can be seen from the kitchen to cheer up any dull winter's day. It is a very pretty shrub, flowering in the garden over the festive season and beyond. It is well-named for its profusion of rich red flowers, with each crimson bloom boasting a golden crown of stamens at its centre, creating a vibrant winter display.

My collection of ferns look great at the moment, see header. Some years I trim the old fronds in the autumn but this year I will leave them until the spring and trim just before new shoots develop.

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.

FREE

YOUR REGULAR
BOURNEFREE IS INSIDE

01/24 Issue 043
January 2024

www.bournefreelive.co.uk



Bournefree



courses
FOR ADULTS



Explore more in '24

NEW courses starting this month! Limited spaces.

ADULT.ESCG.AC.UK - @WeAreESCG - 030 300 39699

WHY YOU SHOULD STUDY AT EAST SUSSEX COLLEGE.



We have a wide-range of new courses starting in the new year, ready for you to Unlock Your Future!

East Sussex College is a place where you will meet life-long friends, learn some incredible skills and be ready to take those next steps into whatever it is you want to do. Whether your ambition is to go to university, you're inspired to start an Apprenticeship, or you're motivated to retrain in pursuit of your dream career - East Sussex College is where you can do that.

We are constantly evolving and improving courses to provide you with new exciting experiences, the opportunity to develop new skills, and gain valuable qualifications.

East Sussex College looks forward to welcoming you soon!

Rebecca Conroy

CEO & Principal



ESC STUDENTS SHOWCASE THEIR TALENT

ESOL Level 1 student, Abraham Osorio, created a stunning giant mural of Sir David Attenborough on a new community arts centre in St Leonards. Hastings-based artist, Abraham (32), produced the exceptional artwork in partnership with W.Ave Arts Bexhill who are known for creating art in derelict spaces.

Abraham, who has been painting large format paintings for 10 years, created the 23ft by 20ft mural on the exterior of a community arts centre. His mural received coverage from national and local news outlets, including BBC News!

Following his exceptional mural depicting David Attenborough, Abraham said, "I had to do something that the community would feel identified with and proud of...I came to this country without knowing the pronouns in English and although I arrived at East Sussex College in Hastings with very basic English, I have been impressed how my English has improved. I thank my tutor and East Sussex College for developing the skills of each of the students."

ESC STUDENTS REPRESENT ENGLAND

Faye Williams, East Sussex College alumna who studied a Diploma in Education, Sport and Exercise until 2022, won a bronze medal at the World Deaf Futsal Championships in Brazil in November as part of the England Futsal team.

Speaking to the College about her success at the tournament, Faye said, "It was an incredible experience and a great way to finish my first World Deaf Futsal Championship, especially after all our hard work in training. It was an amazing team to share it with after our win at the Euros championship last year! The biggest highlight [of the tournament] was wearing the Three Lions with my name on the shirt, beating teams such as Germany and Argentina."

Faye provided an insight into her journey throughout her studies with ESC and outlined the importance of the support she received from her tutors.



"I had lots of support from my tutors at East Sussex College, they really believed in me and taught me to have resilience when going through tough times."



ESC STUDENTS UPSKILL WITH ACCESS QUALIFICATIONS

Adult student and blogger, Hannah Gale, completed her Access to HE course in Medicine at ESC and has been offered a place at medical school - the next step in becoming a qualified doctor! Hannah continues in pursuit of her dream job as she begins her first year of studies at Brighton and Sussex Medical School! Her goal is to become a fully-fledged, qualified doctor by 2029.

Hannah said, "[When I found out I'd been offered a place at medical school] It was easily one of the greatest achievements of my life. I was standing in my kitchen cooking dinner whilst refreshing the UCAS homepage, when I saw the offer I immediately started crying!

"It's something I'd thought about for maybe a decade but always thought it was impossible or a bit of a silly idea because I already had a career and I was juggling small kids too, but it just feels so right and I can't wait to see where it takes me."

ESC STUDENTS OPEN LONDON FASHION WEEK

Almayra and Iman Shah, ESC Performing Arts Alumni, opened London Fashion Week with world famous clothing brands Stella McCartney and Net-A-Porter! The twins have had many high profile ventures throughout their careers, both during and after their studies. The pair have featured in music videos and high profile roles in the theatre and acting industry, including a recent IKEA advert.

The double act caught up with the College about their studies and subsequent careers in the industry.

"I didn't realise the benefits [of college at the time], like boosting your confidence and developing your social skills," said Almayra. "It's also working towards something you want to do in the future - in our case, full-time acting."

The College helps you pave a path to the industry. It's the perfect stepping stone. I'd 100% recommend East Sussex College to others!"

Iman added, "College was great and so helpful when we had [acting] jobs to get to, because they helped us find ways to get our college work done. That was so important and everyone was helpful and understanding."



"London Fashion Week Stella McCartney X Net-A-Porter. What an incredible team and cast I got to work with for this memorable experience!"



ESC HAS BEST INTERNATIONAL STUDY PROGRAMME FOR 11TH YEAR!

East Sussex College has been named as the best Further Education provider for International courses after the British Council led an inspection at the College's Lewes campus in May.

For the 11th successive year, ESC's English Language courses at Lewes and Eastbourne have been ranked in the top 5% of all providers, and as the joint-best offered by any Further Education college in the country.

EL Gazette (English Language Gazette), the international news company for English Language Teaching, ranked UK providers based on the summary statements

published by the British Council. There were 15 areas assessed by the British Council, which EL Gazette then calculated to create overall standings.

Mark Allen, Assistant Principal for International & ESOL at ESC, said, "We are delighted to be ranked number one state college by the British Council's Accreditation UK Scheme.

To have achieved this for the 11th year running is testament to the hard work and dedication of the team, and the wider college. This accreditation is a very strong kitemark of the whole college's quality and something we are very proud of."

ESC STUDENTS WIN NATIONAL AWARDS

Lottie Hedges, HE Alumna, won the Federation of Holistic Therapists Student of the Year 2023 award in November - a prestigious award highly regarded in the industry. Lottie completed three courses at ESC; Level 3 Complementary Therapy, FdSc Complementary Healthcare and BSc (Hons) Integrated Healthcare Management. She has since developed an impressive career portfolio in the industry.

Lottie said, "I had seen the excellence awards in the FHT magazine - after some discussion and my outstanding academic success - I decided to send a short explanation about what I have achieved and the academic journey I have been on. To become a finalist felt incredibly overwhelming.



"[At ESC] I always felt like I was a priority and that my academic journey mattered."

Eastbourne

	COURSE NO.	DURATION	PRICE
ARTS, CRAFTS, DESIGN & PHOTOGRAPHY			
Beginners Drawing	60229-01	10 Weeks	£100
Beginners Machine Sewing	61191-02	10 Weeks	£100
Digital Photography Continuation	61021-01	10 Weeks	£140
Digital SLR Photography for Beginners	60241-03	10 Weeks	£80
Exploring Water-Based Mediums	61197-02	10 Weeks	£100
Intermediate Pottery	61203-04	5 Weeks	£88
Introduction to Willow Weaving	60259-01	8 Weeks	£95
Learn How to Crochet	60269-01	5 Weeks	£45
Pottery for Absolute Beginners	60222-04	5 Weeks	£88
Sewing for All	60243-02	10 Weeks	£100
Silver Jewellery Making	60224-02	10 Weeks	£125
Slip-Casting & Press Moulding	60277-02	5 Weeks	£135
Slipware Decoration Workshop	61194-01	5 Weeks	£135
Upholstery Part 2 - A Follow-On Workshop	61015-03	10 Weeks	£100
Upholstery Workshop for Beginners	60223-02	10 Weeks	£100
Watercolour for Beginners	60283-02	10 Weeks	£100
BUSINESS MANAGEMENT & LAW			
Bookkeeping & Accounts	60729-02	7 Weeks	£180
CHILDCARE, HEALTH & SOCIAL CARE			
BTEC First Award in Health & Social Care	61222-01	See Website	See Website
Introduction to Education	61225-01	See Website	See Website
Introduction to Health & Social Care	61224-01	See Website	See Website
Support Work in Schools & Colleges	61223-01	See Website	£225
CONSTRUCTION & THE BUILT ENVIRONMENT			
Brickwork for Beginners	60232-02	10 Weeks	£140
COUNSELLING & PERSONAL DEVELOPMENT			
Counselling Skills & Theory	60361-01	18 Weeks	£590
Counselling Skills	60360-01	22 Weeks	£435
Interpersonal Skills	60359-03	10 Weeks	£180
ENGLISH & MODERN FOREIGN LANGUAGES			
Improving Your Creative Writing	60256-02	10 Weeks	£100
Japanese for Beginners	60267-01	10 Weeks	£100
FLORISTRY			
Floristry for Spring	61210-01	1 Day	£12
HAIR, BEAUTY & COMPLEMENTARY THERAPIES			
Barbering	60607-01	20 Weeks	£362
Eyebrow Lamination	60994-01	1 Day	£90
Eyebrow Tinting & Waxing	60997-01	1 Day	£65
Eyelash Extensions	18516-03	See Website	£100
Lash Lift & Tint	60995-01	1 Day	£90
Reiki	60276-01	5 Weeks	£50
HOSPITALITY & CATERING			
Barista Skills	60325-04	5 Weeks	£99
Breads & Baking	60231-02	5 Weeks	£75
Classic Italian Cooking	60238-02	4 Weeks	£60
Curry & Spice	60239-02	5 Weeks	£75
Hearty Homemade Meals for All	61175-01	5 Weeks	£75
Local Fish & Seafood	60244-01	5 Weeks	£75
Pan Asian Cooking	60272-01	5 Weeks	£75
Sugar Craft & Cake Decorating	60280-03	8 Weeks	£80
Vegetarian Gourmet	60282-01	5 Weeks	£75
MUSIC			
Guitar for Absolute Beginners	61184-02	10 Weeks	£80
Songwriting	60336-02	11 Weeks	£75
SPORT & FITNESS			
Gym Instructing	60675-01	20 Weeks	£362
Salsa for All	61189-03	5 Weeks	£30
Salsa Part 2	61302-01	5 Weeks	£37.50
TEACHING, TRAINING & DEVELOPMENT			
Education & Training	5137/060	14 Weeks	£395

Hastings

	COURSE NO.	DURATION	PRICE
ARTS, CRAFTS, DESIGN & PHOTOGRAPHY			
Ceramics & Sculpture	50003-02	10 Weeks	£165
Contemporary Crochet & Knit	50007-02	10 Weeks	£155
Crochet Granny Blanket	50051-02	2 Weeks	£70
Cyanotype	50054-02	3 Weeks	£70
Darkroom Open Workshop	30014-04	See Website	£20
Drawing & Painting	13057-02	10 Weeks	£145
Embroidery for Fashion	50014-01	10 Weeks	£145
Etching	13090-02	10 Weeks	£145
Exploring Watercolour & Inks	61215-02	10 Weeks	£145
Form, Mass & Structure	61007-01	10 Weeks	£150
Fused Glass	13078-02	6 Weeks	£230
Contemporary Art Practice	50053-02	10 Weeks	£195
Icon Painting	60965-02	10 Weeks	£145
Introduction to Drawing	18032-02	10 Weeks	£145
Introduction to Games Design (Concept)	60688-01	10 Weeks	£145
Jewellery Open Workshop	13076-01	10 Weeks	£165
Leatherwork for Beginners	60703-02	10 Weeks	£165
Creative Craft	61161-04	8 Weeks	£266
Life Drawing & Painting	13054-02	10 Weeks	£145
Life Drawing for Portfolio	50109-02	11 Weeks	£70
Lost Wax Casting	61064-01	2 Weeks	£90
Natural Dye Workshop	61063-02	2 Weeks	£60
Pattern Cutting & Dressmaking	13040-02	10 Weeks	£145
Political Prints	50058-02	10 Weeks	£145
Pottery Morning	13069-04	10 Weeks	£230
Pottery Afternoon	13069-05	10 Weeks	£230
Pottery Evening	13069-06	10 Weeks	£230
Pottery Workshops	50137-02	6 Weeks	£160
Printmaking	13051-02	10 Weeks	£295
Saturday Morning Printmaking	61062-02	10 Weeks	£150
Sew Sewcial	50104-02	10 Weeks	£145
Sewing for Beginners	18137-02	10 Weeks	£145
Silver Ring Workshop	61128-01	2 Weeks	£80
Stained Glass Workshop	18038-02/05	10 Weeks	£180
Weaving	61130-01	8 Weeks	£120

Free Courses

free

Mindfulness for Stress
 Performing Arts: Boost Your Confidence
 Family Story for Future Generations
 Kickstart Your Creative Writing
 Writing With The Senses
 Writing & Reading for the Everyday
 Introduction to Mindfulness
 Songs in The Key of Life
 Introduction to Interpersonal Skills
 Introduction to Stitcting & Embroidery
 Shoreline Mobiles & Decorations

Find Your Unique Writing Voice
 Shoreline Mobiles & Decorations
 Writing With The Senses
 Meditation & Wellness Tips
 Create Your Own Sketchbook
 Can Anyone Be Confident?
 Writing for Communications
 Writing With The Senses
 Art & Mindfulness
 Create a Short Podcast
 Introduction to ICT

For more information about our FREE courses visit
adults.escg.ac.uk or call 030 300 39699



SCAN THE QR CODE
 TO VIEW ALL OF
 OUR COURSES.

Hastings

	COURSE NO.	DURATION	PRICE
BUSINESS MANAGEMENT & LAW			
AAT Bookkeeping	60507-02	17 Weeks	£225
CHILDCARE, HEALTH & SOCIAL CARE			
Access to HE Preparation	30194-01	10 Weeks	£295
Food Safety in Health & Social Care	60626-01	5 Weeks	£50
CONSTRUCTION & THE BUILT ENVIRONMENT			
Brickwork for Beginners	18188-02	11 Weeks	£150
Introduction to Carpentry	18912-02	11 Weeks	£150
Introduction to DIY	16880-02	11 Weeks	£120
Introduction to Plumbing	16879-02	11 Weeks	£120
The Incredible Router	20668-01	See Website	£180
ENGLISH & MODERN FOREIGN LANGUAGES			
French for Beginners	60624-02	10 Weeks	£100
Spanish for Beginners	60623-02	10 Weeks	£100
HAIR, BEAUTY & COMPLEMENTARY THERAPIES			
Eyelash Extensions	18516-01	See Website	£116
Hot Stone Massage	18522-01	4 Weeks	£130
Indian Head Massage	18525-01	See Website	£100
Lash Lifting	19168-01	2 Weeks	£100
Micropigmentation VTCT	11471-01	1 Year	£3626
HOSPITALITY & CATERING			
A Taste of Italy	20642-02	2 Weeks	£96
Bread Basket	20644-02	2 Weeks	£96
Food Safety in Catering	14354-01	See Website	£65
Pan Asian Cuisine	20637-01	2 Weeks	£96
MEDIA, FILM & DIGITAL STUDIES			
Motion Graphics Animation	60689-01	10 Weeks	£145
Moving Image - The Art of Short Film Making	50138-02	10 Weeks	£145
MOTOR VEHICLE & ENGINEERING			
Safe Maintenance of Electric & Hybrid Vehicles	60539-01	See Website	£450

Lewes

	COURSE NO.	DURATION	PRICE
ARTS, CRAFTS, DESIGN & PHOTOGRAPHY			
Beginners & Improvers Machine Sewing	60390-02	10 Weeks	£107
Creative Printmaking Workshop	60187-02	10 Weeks	£96
Drawing & Painting Beginners	60184-02	10 Weeks	£100
Improvers Patchwork & Quilting	60273-03	10 Weeks	£107
Introduction to Patchwork & Quilting	60962-03	10 Weeks	£100
Making a Piece of Marquetry Wood Artwork	61232-01	6 Weeks	£90
Pottery for All	60186-02	10 Weeks	£181
Upholstery Workshop	61183-02	10 Weeks	£80
Water Colours - Beginners & Improvers	60976-01	10 Weeks	£125
COUNSELLING & PERSONAL DEVELOPMENT			
Counselling Skills L2	60212-02	20 Weeks	£435
Interpersonal Skills L1	60211-02	10 Weeks	£180
ENGLISH & MODERN FOREIGN LANGUAGES			
Creative Writing - Beginners & Improvers	60226-01	10 Weeks	£100
Refresh Your French: Beginners & Improvers	60945-01	10 Weeks	£100
HAIR, BEAUTY & COMPLEMENTARY THERAPIES			
Skin Peeling	60587-01	20 Weeks	£500
TEACHING, TRAINING & DEVELOPMENT			
Education & Training	5137/070	14 Weeks	£395

Newhaven

	COURSE NO.	DURATION	PRICE
ARTS, CRAFTS, DESIGN & PHOTOGRAPHY			
Creative Craft	61161-02	8 Weeks	£266
MEDIA, FILM & DIGITAL STUDIES			
Digital Streaming Technologies - Intermediate	60008-03	6 Weeks	£633
Digital Technologies - Live Streaming	60007-03	6 Weeks	£633

Online Courses.

Awareness of Mental Health Problems
Principles of End of Life Care
Principles of Dementia Care
Understanding Care & Management of Diabetes
Understanding Children & Young People's Mental Health
Understanding Cancer Support
Lean Organisation Management Techniques
Understanding Business Improvement Techniques
Business Start Up
Customer Service
Principles of Business Administration
Principles of Team Leading
Understanding Climate Change & Environmental Awareness
Understanding Coding
Understanding Data Protection & Data Security
Advocacy in the Workplace
The Principles of Cyber Security
Understanding Nutrition & Health
Understanding Safeguarding & Prevent
Equality & Diversity
Information, Advice or Guidance
Understanding Autism
Understanding Behaviour that Challenges
Understanding Specific Learning Difficulties
Principles of the Prevention & Control of Infection
Understanding Common Childhood Illnesses
Introducing Caring for Children & Young People
Introduction to Neuroscience in Early Years

**SKILLS
FOR LIFE
MULTIPLY**

BOOST YOUR NUMBER SKILLS

East Sussex College is offering your employees the chance to join one of our free, short numeracy courses.

CONTACT US

If you, or any of your employees would like to take advantage of this opportunity, please contact: multiply@escg.ac.uk

Employers will receive
£120
per eligible student

ELEVATE YOUR CAREER PROSPECTS WITH OUR COURSES

- Gain a Qualification
- Develop Employability Skills
- Insights from Industry Experts
- Real Interview Opportunities

CONTACT

elaine.remon@escg.ac.uk
for more details