

FREE

EASTBOURNE GOES INTO THE WILD

Registration for this year's Eastbourne Carnival is now live!

VIBRANT ART SCENE AT GALLERY@42

Gallery@42 on South Street hosts two new exhibits this February.

02/24

Issue 044
February 2024

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B♥urnefree



Your guide to the best places to eat and drink. See pages 29–38

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

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Online and in print – Bournefree is soaring

ONLINE and social media have both been at the forefront of our thinking as we go into 2024.

By **Peter Lindsey**

The printed edition will always be at the core of the business but of course more and more of us rely on online material.

This month we were joined by journalism student, Molly Graff, who not only provided some excellent articles, but has provided social media videos for Bournefree supporters. We will be continuing this service, so please contact us for more details.

Two recent ones were with Bobby Beevis from *ESK* and Josh, the postmaster at *Rodmill Post Office* who has sadly left.

Both received thousands of views and helped us to more than 253,000 views in the past 28 days. It's

something we are looking to grow in future months.

The February edition can be a challenging month as it's the start of a new year and for many businesses this can be a quiet time after Christmas.

So we have been very encouraged by the strong level of interest shown in the first four weeks, and we have a strong 56-page edition.

That has been helped by a special feature on Food & Drink this month – with advertisers ranging from *The Grand* and *The View to St Wilfrid's Hospice* highly rated café.

Next month, our special feature will be on Women in Business to tie in with *International Women's Day* in March.

Talking of *ESK*, it was great to pay a visit and see the amazing work young Bobby Beevis has been doing down there.

ESK is an institution in Eastbourne – and the legendary Bob Beevis was at the helm for so many years.

He's now stepped aside and son Bobby has taken over – and what a great job he's done. Soon, it will have one of the biggest garden centres in the southeast. And so much more...

Care homes seem to be popping up locally more than ever, none more so that *Willingdon Park Manor* off Kings Drive.

Many of us know the manager – Ian Cole – from his days working at *The Chaseley Trust*. Now he can't wait for the home to open, it should be the end of March.

And very posh it is too!

That's it for now, wishing everyone a successful and happy February.

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

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Soccer ref's marathon runs

STUART McKenzie is 40 and lives on Seaside with his partner Julia.

By **Peter Lindsey**

He's a football referee and a support worker helping rough sleepers across East Sussex.

Now he's about to embark on a new challenge of his own – running a half marathon or more for every month of 2024.

He will be raising funds for *St Wilfrid's Hospice*.

Run Wednesdays

Stuart said: "I joined *Run Wednesdays* in 2021 thanks to countless members of the club, including founder Danny Garbett and then Captain Jonni Andrews (the doc), who inspired me to continue running and push me from being a non runner into someone now dedicated to it.

"I could barely run around Whitley Rec before the pandemic so afterwards I completed the couch to 5k and then last year I started running some races just for fun, including the *Eastbourne Half*, *New Forest Half*, *Bognor 10k* and *Bates Green Gallop*.

"So this year – because of the great work *St Wilfrid's* does for people

leaving this world – I want to try and raise more money for the hospice.

"I have already done one half marathon slowly with two of my running friends from *Run Wednesday*, Jonathan Andrews and Joanna Cain, from Lewes Train Station to Willingdon at the bottom of Butts Brow."

Run Wednesday is an inclusive running club that supports people to run at their own pace. They organise a weekly timetable of running sessions to help with training, including *The Canter* and *The Jolly*, which are two different groups and free of charge, two fitness sessions on Tuesday and Friday plus a whole host of other running sessions. They can be found on *Facebook* if you want to find a new you.

Here is Stuart's timetable:

- **February** – 11th Headcorn.
- **March** – 3rd Eastbourne, 24th Hastings and 31st Running for some of the club from *Hastings Pier* to *Eastbourne Pier* to support a club member running the *London Marathon*.
- **April** – 7th London Landmarks.
- **May** – 5th Birmingham Half.
- **June** – tbc but possible Sandringham.



- **July** – Bewl 15 Miles (so longer than a half).
- **August** – Frome.
- **September** – Bates Green Gallop, as many laps of a 3.5 mile in 6 hours and also in the ballot for the Great North Run.
- **October** – in the Ballot for Royal Parks and Beachy Head Marathon.
- **November** – Eastbourne Pier to Hastings Pier.
- **December** – Malaga Half Marathon.

Stuart has to pass an annual fitness test for the level of football he now referees, and he will fit in his runs around his football.

Gig Buddies

He's also a volunteer for *Gig Buddies*, supporting people with learning disabilities to go to gigs including the *Love Supreme* festival.

Stu said: "I feel that I have come a long way in a relatively short period of time.

Determination and real focus

"I really wasn't fit but now – with determination and real focus – I can complete Half Marathons and hopefully Marathons too.

"Running is very good for one's mental health, and it has become an important part of my life.

"It's also vey rewarding to know that every penny I raise will go to the wonderful *St Wilfrid's Hospice*."

Please go to: www.justgiving.com and search for: **Stuart McKenzie**



ESK to expand under Bobby

IT'S back – it's bigger than ever before and it's set to expand further.

By **Peter Lindsey**

That's ESK Superstore in Courtlands Road, Eastbourne, which is booming under new boss Bobby Beevis.

Dad Bob ran ESK for many years in both Eastbourne and Hastings. Now he has handed over the reins to son Bobby, who is loving it.

Bobby said: "Here at ESK Eastbourne, we are offering more than we have ever offered before.

Great value prices

"Our priority remains the same as ever – we offer the very best at great value prices – but we have more to offer as well than previously."

First, there is a play area inside ESK. It is free to paying customers of the cafe. Under 5s only, open every day.



Bobby Beevis.

Next is the cafe itself, *Skinners*, which serves up the very best food and drink.

Slim Butchers is another great attraction with some great offers. Many will remember Dave from his days at *Langney Shopping Centre*.

There's a huge expansion of the garden centre – and Bobby proudly boasts it will be 'the largest discounted garden centre on the south coast.'

Space for businesses

Bobby is also keen for other businesses to take space inside ESK. *Active Days Mobility Services* already has, offering new, second hand mobility scooters, wheelchairs and a range of walking aids. They offer repairs on existing products as well.

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Lightning Fibre's new deal with Southern Housing



Stefan Stanislawski and Paul Hackett.

EASTBOURNE-BASED *Lightning Fibre* has reached a new agreement with *Southern Housing*.

By **Peter Lindsey**

It means *Southern Housing* residents in areas of East Sussex – including Wealden and Rother – will benefit from having access to a faster, affordable, and more stable and reliable internet connection.

Lightning Fibre has also signed a wayleave agreement with *Eastbourne Homes*, who own thousands of properties across Eastbourne.

Lightning Fibre has a direct API feed to the *Department of Work*

and Pensions to allow customers to confirm their eligibility for the social tariff quickly and discreetly.

The company does not undertake credit checks for residential customers and has a robust Customer Charter to protect vulnerable customers.

The firm's Customer charter pledges that the company will 'treat every customer fairly, with respect and dignity and as an individual. Its team will support any change in circumstance brought to its attention in a constructive and efficient manner.

Stefan Stanislawski, *Lightning Fibre's* CEO, said: "A strong and affordable broadband and internet service is one of the five elements of digital inclusion. With a move towards digital services to modernise and streamline how housing associations interact with residents, an affordable internet connection is vital. *Lightning Fibre* will ensure people are not left behind as we help create Digital Britain."

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London Philharmonic Orchestra. Image: LPO.



Phoene Cave. Image: Antony Edwards.

This month in Eastbourne

WHETHER you're after a night at the theatre or a food and music festival, there's lots Eastbourne has to offer this month.

By **Molly Graff**

The Congress

As the largest theatre on the South Coast, the *Congress* has an array of shows this February. **Fascinating Aida – the 40th Anniversary**, showing on the 17th at 7:30pm, **London Philharmonic Orchestra: Pictures at an Exhibition** performing on the 11th at 3:00pm or one for the rock lovers with **The Classic Rock Show** on the 12th at 7:30pm and one for the kids with **Circus Spectacular** earlier that day at 3:00pm.

Contact: **01323 412000**
www.eastbournetheatres.co.uk

Live Music

A town renowned for its traditional pubs and restaurants, there's always a choice of seeing a live band with a drink in hand. **The Equatorial Group** will be performing at the *Star Inn* on Friday the 2nd at 8:30pm. *The Belgian Café* will be hosting a beer, food and music festival on the 3rd

starting at 12:00. *The Vinyl Frontier* have a busy month, *Pop Quiz* on the 1st, re-introduction of monthly *Poetry evening* on the 13th, **Salt Water Comedy Club** on the 15th, vinyl DJ sets every Friday and Saturday from 8pm and live music every Sunday with a jazz jam on the last Sunday of the month.

The Pat Butchers, loved for their mashups of all your favourite songs, are set to perform this month. Head down to the *Crown and Anchor* on the 2nd and *The Star Inn* on the 23rd for a night of great music.

The Lamb line ups include 80s favourite, **Love Action** on the 2nd, **Stray Dogs** on the 9th and a night of laughter with their comedy night on the 23rd as well as their usual popular pub quizzes that take place twice a month. Contact *The Lamb Inn* on *Facebook* for bookings.



Art

Alongside the **Turner Prize**, which is showing until April at *Towner Art Gallery*, **Transit** will be showcased on the 2nd, 4th, 7th and 9th. *Transit* is a collaboration between eight local creatives lead by artist **Phoene Cave**. The works will act as a response to **Eastbourne Alive** and **East Sussex Art Partnerships** question of "Is it Art?". Also, at *Towner* is artist event **Rory Pilgrim/ At The Birley Centre** on the 3rd at 3:00pm to 4:00pm. Tickets £10.

You can also join **Turner Prize** artist and composer **Rory Pilgrim** as he presents songs created over the years with special guest **Robyn Haddon**. Or why not check out *Towner's* popular cinema that has a choice of films, such as *Poor Things*, *The Boys in the Boat*, *One Life* and *Vanya*. Contact: **01323 434670**
www.townereastbourne.org.uk

Theatre

For those that can't get enough of live shows, *The Royal Hippodrome Theatre* has **Arsenal Legends – In**

Conversation showing on the 7th, **A Celebration of Queen with Radio GaGa** on the 9th and a tribute to **ABBA** with **Thank You For The Music** on Saturday the 17th. Also, **Stuart Michael – The Psychic Medium** on the 24th, **Tribute to The Carpenters** on the 25th and **Karl Loxley – Songs from The Stage & Screen**. All performances start at 7:30pm.

Contact: **01323 802020**
www.royalhippodrome.com

Charity

To get involved with some charity events, *Children's Respite Trust* will be hosting a comedy night to help raise funds. Held at the *Langley Sports Club* on the 23rd, doors will open at 7:00pm and the comedy will start at 8:00pm. The event is being headlined by 'TV regular' **Nathan Caton** who has also made appearances on shows such as *Live at the Apollo* and *Mock the week*. You can also expect to see **Paul Pirie** and **Dave Thompson**. Tickets are £15 from www.crtcharity.org



Nathan Caton.



Registration for this years' Eastbourne Carnival is now live!

FOLLOWING the success of the 2023 event, the organisers of the *Eastbourne Carnival* have set the theme 'Into The Wild' and entrants can register for *Carnival 2024*.

By **Harry Farmer**

Eastbourne Carnival will be on Saturday May 25th at 2pm

This year, the procession will begin at *Fisherman's Green* at 2pm and end at the *Wish Tower* slopes. The fun continues with a street party in *Victoria Place* from 4:00pm – 8.00pm (approximate times).

More accessible

This route makes the event more accessible for entrants of all ages and abilities.

A smaller procession through town centre will start around 11:30am from the *Enterprise Centre* to *Victoria Place*.

Sponsors are being invited to support the Carnival to ensure its continued success.

Costume workshops

Entrants will be supported in putting their entries together, with costume making workshops provided by *Cotton Candy*, and *Cherry Dance*, and *Dance with Emma* holding Carnival dance classes.

Our first costume workshops will be held on 16th & 17th March at *Gather* in *The Beacon*.



Mina O'Brien, Chair of *Eastbourne Carnival* said: "Last year, our entrants did an amazing job of putting on a great Carnival for the theme 'Sussex By The Sea'. So much so, Eastbourne Carnival was featured in the international Carnival media, putting our Carnival firmly on the map!"

We are very excited to see what the community brings to Carnival this

year with the new theme. We want to see a celebration of the natural world – animals, birds, sea creatures and flora and fauna from nearby or far away places. Registration of entrants has already begun, and we invite anyone wishing to participate to do so via the website."

If you want to get involved as an entrant, volunteer, or sponsor – please visit:

www.eastbournecarnival.com

You can also submit any queries by email at: info@eastbournecarnival.com or via the website contact form or via the Carnival's social media channels.



New website for children's cancer charity



THIS new digital platform will revolutionise the way children and their families battling cancer childhood cancer are supported.

By **Peter Lindsey**

That's the message from the Children with Cancer Fund – based at The Triangle in Willingdon – which has launched a new website.

Deepest gratitude

Here's the charity founder Chris Downton: "Our new website is a one-stop destination that encompasses the power of community, innovation, and compassion.

"With just a few clicks, you can now discover heartwarming stories and make

a direct impact on the lives of these incredible children and their families.

"As we embark on this exciting new chapter, we would like to express our deepest gratitude to all our supporters and partners. Your unwavering dedication and generosity have made this dream a reality."

The site has been created by *Fountain Digital*, Eastbourne.

CWCF was formed in July 1998 and is made up of a small office team

and local volunteers, with the main thought being to enable the children, and families of the children with cancer, to have a quality of life that we would hope to have ourselves.



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The BIG Futures Show 2024

www.bigfuturesshow.org.uk

THE BIG Futures Show returns to Eastbourne Sports Park on Tuesday 23th April 2024 from 9:30am–3:00pm.

By **Tim Sorensen**

The show, that first opened back in 2016, is the largest employability, skills and job-seekers event in the area and is aimed at students (aged 14+) from across East Sussex as well as parents, carers and anyone looking for work or training.

85+ organisations will be providing interactive exhibits and guidance aimed at inspiring tomorrow's workforce. Employers will be looking for new talent and explaining what qualifications they require and what training and apprenticeships they offer in the work place.

Colleges and training providers will be on hand to promote their offer and where it fits with employer's

requirements and what they are seeking from students.

A dedicated job-seekers area with expert help will be available for those seeking a more immediate employment opportunity.

The Show is organised by Eastbourne Education Business Partnership in association with Eastbourne Borough Council to help support local community and economic development agendas and brings a wide range of expert advice and guidance all under one roof.

Entry on the day (individual or family) is £3 or free for job-seekers inclusive of show guide.

Exhibitor stand spaces are still available to book.

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Huge funding boost for East Sussex College

EAST Sussex College is celebrating after a huge funding boost.

By **Peter Lindsey**

A consortium of Sussex colleges is to receive £4.5million funding, as part of the Department for Education's 'Levelling Up' programme.

East Sussex College has been awarded funding for two projects.

The first will see the college develop and launch a *Sussex Centre for Vocational Leadership and Entrepreneurship* in the Health and Care sector. The programmes launched will help reduce environmental impact, enhance sustainability, and contribute to the broader goal of net zero emissions within the healthcare sector.

It will also support programmes for aspiring managers and business



owners in the engineering and manufacturing sectors, with a key focus on utilities training and the switch to emerging hydrogen technologies.

Both strands echo the College's commitment to green training, as vital for the UK's innovation development, and the ESC programme is designed to address these needs and unlock the potential for advancement.

Rebecca Conroy, Principal and CEO of *East Sussex College*, said: "We are delighted by the innovations these

technologies will bring to our students and those in our communities. By working with employers in our region, we are confident that the investments will benefit those in work and education and provide essential skills training while addressing critical skills gaps."

"We understand the important role we play in helping shape the workforce of tomorrow, preparing every student with the latest skills and knowledge required to positively enter the world of work and contribute to our local industries."



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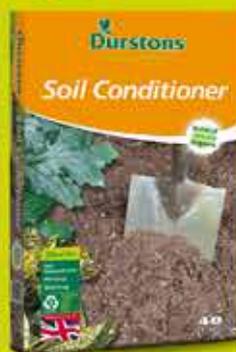
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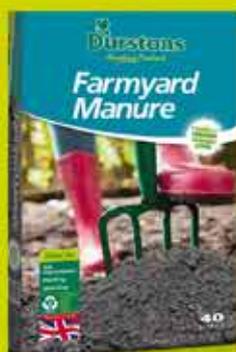
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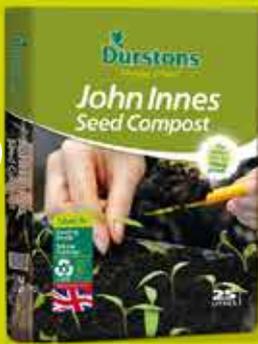


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Help Raystede by fostering an animal

ANIMAL welfare charity, Raystede, is urgently appealing for more foster carers to join the charity's Break Away scheme.

By **Molly Graff**

Caring for over 400 animals every day, the charity's aim is to give animals a better life through rehoming, rehabilitation and sanctuary.

The charity's break away scheme is designated to helping owners fleeing domestic abuse or facing short-term hospitalisation and need temporary care for their animals.

Miriam Dowding, Rehoming Manager at Raystede said: "Often people experiencing domestic violence won't want to leave until they know their animal is safe. Our Break Away scheme will perfectly match each animal to an appropriate carer, but our ability to help depends on having foster carers available."

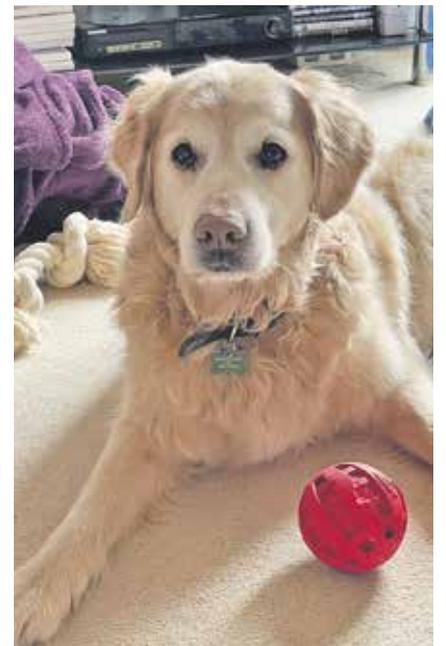
Alongside this, the charity offers learning days on how to correctly look after your animals, free will writing, guided tour for visitor with free entry. We do ask that visitors book a free ticket online.

With 43 acres of land, Raystede care for an array of animals including cats, horses, dogs, rabbits, hens and exotic birds. Sadly, many of the animals have been neglected, abused or exploited and some will be at Raystede for life. The animals that are available for adoption, can be viewed online.

Raystede are asking you to get involved. Whether that be fostering an animal, donating or simply going to look around there's plenty of ways to help.

For more information please contact **01825 840252**

**Raystede Centre for Animal Welfare
The Broyle, Ringmer
East Sussex BN8 5AJ**



Hero Josh signs off for a new start

JOSH Grove has become a popular figure running the Rodmill Post Office in Eastbourne for the past seven years.

By **Peter Lindsey**

He took over when he was just 22 – but now he's decided enough is enough and has handed over the business to new owners.

Josh said: "It is a really busy shop and Post Office, and the days are often long, opening at 6.45am weekday mornings.

Amazing customers

"But I have loved it and, hand on heart, I can genuinely say that I will miss my customers. They have been amazing."



Josh actually lives in Tonbridge, Kent, and he will now be taking a few months off before he decided on his next career move.

He became the youngest postmaster in the country when he took over at Rodmill back in 2018.

At the height of Lockdown one, Josh and partner Hannah were doing up to 120 deliveries a day. It kept the business going as footfall in the shop dropped off dramatically.

Local Hero accolade

In April 2021, they donated £1,500 of soft drinks and snacks to frontline NHS staff at the DGH.

Three months later, Josh was named a Local Hero by the Post Office for his community work and desire to go that extra mile.

It was part of the Post Office's We Are Stronger Together Awards and Josh won the Local Hero accolade for the South East.

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Free music making

AUDIO Active are calling young people from 12–25 years old to apply for a free place to their 'Beats and Bars' nights at *Leaf Hall*.

By **Gail McKay**

Audio Active was set up in 1999 by a small team of music heads and youth workers.

With the simple aim of giving local young people the chance to access and create music, the organisation grew and grew, resulting in a unique community of artists and young people across Sussex.

The sessions focus on lyric writing, music production and performance, as part of our 'Beats and Bars' program. The mentors are professional musicians who also have wide experiences in a variety

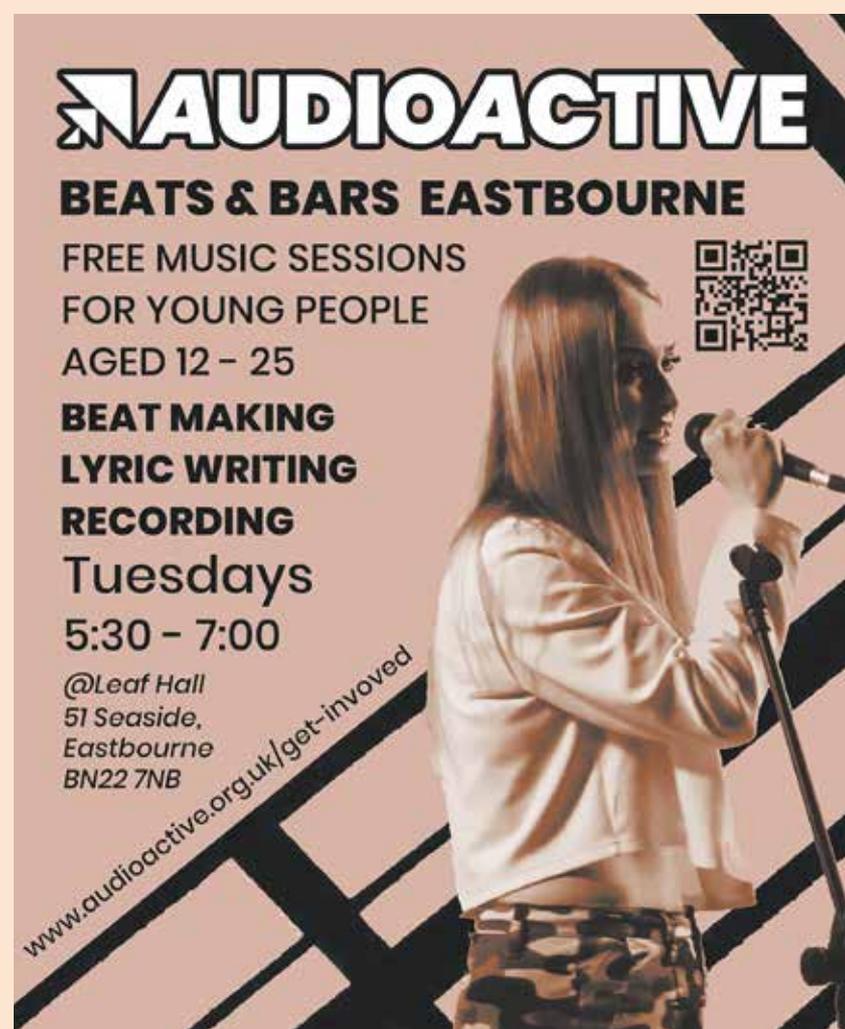
of youth settings and working with a diverse cohort.

"We work with young people as artists first and foremost, helping them to create what they want to create.

"The Aims of *Audio Active* are about achieving equality in the music industries and in wider society, which starts by providing equal opportunities for all."

Tuesdays, 5:30pm – 7:00pm
Leaf Hall, 51 Seaside
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Sign up at:
www.audioactive.org.uk/get-involved



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Foodbank back housing campaign

EASTBOURNE Foodbank is calling on community to back housing campaign.

By **Molly Graff**

The campaign has been put in place in order to urge the government to address the crisis and act more quickly to raise Local Housing Allowance rates (LHA) to reduce the number of people requiring emergency accommodation. The campaign is being driven by 120 district and borough councils including Eastbourne Borough Council.

Juliet Mead, *Eastbourne Foodbank* Campaigns Manager, said: "We all know there is not enough social housing. This means people rent privately but LHA rates have not increased in line with the market rents.

As a result people, already low on incomes, are being forced to visit the foodbanks."

Eastbourne Foodbank is increasingly seeing families living in temporary accommodation and others unable to afford rent.

The government has agreed to increase LHA rates in April however more urgent help is needed.

Juliet said: "This is a national campaign but we really want to add not only our voice but a collective voice from Eastbourne to support it."

For more information contact Juliet Mead via email at: jmead@eastbourne.foodbank.org.uk or call: **07753 282267**



The Chapel in the valley



ENGAGEMENT season is definitely under way so if you are now searching for the perfect venue, look no further.

By **Gail McKay**

The Old Chapel is a beautifully refurbished and intimate chapel, with its private walled garden and an interior unchanged for over 200 years. It offers a well-equipped and versatile space, steeped in character and history.

It's an affordable and flexible venue that is ideal for wedding ceremonies,

personal celebrations, corporate gatherings, or community events.

History

Formerly the *Alfriston Congregational Church*, the building is a living memorial to the early nonconformists of Alfriston.

A travelling preacher from Heathfield called George Gilbert, inspired the group of dissenters in 1801 to build themselves a proper church. The church which was known as the

Independent Church of Christ at Alfriston was opened for worship on 2nd August 1801.

Thanks to the recent improvement works the Church is now experiencing a new phase in its history and is finding a variety of ways to serve the community whilst maintaining a link with the past.

Testimonial

"The price is very affordable, but the location seems like it should be worth a lot more. We got some amazing photos with a lot of different backgrounds. All and all, my husband and I were very happy with this venue and we are happy recommend it to

all our friends for any event. All our expectations were met and then some."
– *Nina & Stephen, July 2021*

The Old Chapel Centre can also be booked for an overnight stay for Pilgrims providing a cosy and affordable overnight stop in the heart of the village.

To book, email:

hello@oldchapelcentre.com

  oldchapelcentre
www.oldchapelcentre.com

Bookings Manager:

07869 215916
01323 870536

A beautiful venue for special occasions

Located in the heart of Alfriston, one of the country's most stunning villages



Built in 1801, **The Old Chapel Centre** is a unique and intimate building with a private walled garden. The lovingly restored hall offers a superb space in the heart of the village for all types of events and activities - and is licensed for weddings (our wedding package is just £850).



Weddings - workshops - birthday celebrations - market days - training sessions - classes - anniversaries - musical events rehearsals - talks - children's birthday parties & more!

All enquiries to Sarah Morgan, Bookings Manager
07869 215916 or hello@oldchapelcentre.com
www.oldchapelcentre.com

New Year's Offer - £50 off all weddings booked by end of April 2024

Meads pop up market

EXCITING news for Eastbourne!

By **Gail McKay**

Get ready for a fantastic day out as a brand new indoor market arrives on February 11th hosted at the beautiful local St Johns Parish Hall!

George Laing, who is organising the event wants Eastbourne friends and neighbours to join them in making this event a huge success.

There is a lot planned. Expect car boot sellers, vintage clothing, handmade crafts, local independent

small businesses, antiques and collectables and jewellery.

Over 50% of stalls are already booked, but if you are interested in taking a stall, please contact the organisers at: hello@pop-ups.co.uk

The event aims to bring together the vibrant Eastbourne community and provide a platform for over 40 stalls.

Date: **February 11th, 10am–4pm**
Location: **St Johns Parish Hall, Meads, Eastbourne BN20 7QT**

Entry: £2 on the day. £1 online via: pop-ups.co.uk/pages/events

Everest charity challenge

SONIA Holman from the *Beachy Head Chaplaincy Team* is trekking up Everest this year to raise funds for the popular charity.

By **Peter Lindsey**

The trip will take 10 days to hike over 17,000 feet to base camp – and the training alone is mind-blowing.

Sonia said: “In the UK 125 people die every week by suicide.

“We need to talk about suicide more openly so we can understand it, break the stigma surrounding it and save more lives!!

“So on the 24th of September 2024, we will be hiking to Mount Everest base camp in aid of *Beachy Head Chaplaincy* and *MIND*.

“Both charities are open 24/7 365 days a year to support those in need.”

You can sponsor Sonia here: www.justgiving.com and search for **Sonia Holman**.

Message: Chaplain@bhct.org.uk

Go to: www.bhct.org.uk



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Come and join Eastbourne's 2024 Welcome Team

LAST year *The Friends of Eastbourne Seafront* launched its very own Welcome Team.

By **Peter Lindsey**

It was a great success, and now the Friends is looking to recruit more members to the team for 2024.

The team operates along the seafront to help visitors, based primarily between *Treasure island* and *Eastbourne Bandstand*.

Chairperson Gaynor Sedgewick said: "If you are interested in meeting people, making friends, talking to visitors, giving them information about Eastbourne, love the seafront and have a couple of hours a week free, then please get in touch.

"We start at Easter and offer training, support and the uniform is provided.

"The team will be giving information to visitors and signposting to events and



encouraging them to explore the whole of the seafront and what it has to offer."

For further information please get in touch at: Gaynor@friendsof-eastbourne-seafront.org.uk

The Friends is currently working on its 2024 Seafront Guide. This will be distributed by local businesses, Guest Houses, Hotels, the seafront office and the Welcome Team from Easter onwards.



Challenge yourself

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

Join Team Wilf and help more people get the hospice care they need.



St Wilfrid's Hospice

Rainbow Run 18th May 2024

Join us in Hailsham for the most colourful fun run in East Sussex. With added foam for 2024!
events.stwhospice.org/RRun

Hospices to Holland 18th-22nd September

Take on the challenge of a lifetime and cycle from Eastbourne to Amsterdam!
stwhospice.org/hospices-to-holland

Wilf Walk 22nd June 2024

Choose from 8, 11 or 30 mile routes across the spectacular South Downs and savour the sense of achievement as you cross the finish line.
stwhospice.org/wilfwalk

Trek the Sahara 2025

Take on mighty sand dunes and scorching temperatures to trek in the vast and beautiful wilderness of the Sahara for St Wilfrid's Hospice.
stwhospice.org/sahara

Eastbourne Half Marathon Sunday 3rd March

With lots of local support and a great atmosphere it's ideal for a first half marathon or for aiming for a personal best time.
stwhospice.org/eastbourne-half

Swim the Distance 1st-31st March

Returning for the second year, Swim the Distance is all about challenging yourself to swim a set distance to raise funds for the hospice.
stwhospice.org/swimthedistance

Fancy something different? See a full list of events and challenges at stwhospice.org/events

garolla.co.uk

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Time capsule buried at Care Home

THE Mayor of Hailsham took part in a special ceremony held at *Bowes House Care Home* to bury a recently discovered time capsule to be opened again in 50 years' time.

By **Peter Lindsey**

A time capsule prepared by local residents 60 years ago was discovered at *Bowes House* during recent building work on site, containing handwritten letters and other information, dated 1964.

Staff at Bowes House invited pupils from Hawkes Farm Academy to get involved and run a competition for the pupils to add to this time capsule before it's buried again. The six winning pupils had their contribution added to the capsule, and residents and the local community were also invited to donate something to be included.

Mayor, Cllr Paul Holbrook, donated a copy of a set of recently written Town Council minutes.

At the ceremony, the time capsule was buried in a new location and everyone who donated items was

given a 'golden ticket' entitling them to come back in 50 years' time, when the capsule will be dug up again.

"This is the perfect example of a cross-generational event, involving residents, families, school pupils and the local community in general," said Cllr Holbrook after the event. "For the school pupils in particular, this project was brilliant and allowed the children to choose items which they felt represent their life and local area.

"When recently discovered during building works at Bowes House, the time capsule provided an interesting glimpse into what life was like 60 years ago, and again will provide interest to people in 50 years' time when the capsule is unearthed again, into what life was like in Hailsham in 2024.

"It is absolutely fascinating to imagine what life may be like in Hailsham 50 years down the line. We hope that in 2074, when the capsule is re-opened, that Hailsham will be a thriving town and continue to be a community-driven place to live, work and visit."



My name is Colin and I operate a small handyman business called

manfriday
home services

I can decorate, assemble furniture, put up shelves, paint sheds or fences.

In fact, whatever the job is, just ask me if I can do it.

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manfridayhomeservice@gmail.com



Badminton fundraising event

ON Sunday 11th February 2024 in support of Becker Muscular Dystrophy.

By **Peter Lindsey**

Becker Muscular Dystrophy is a muscle-wasting condition. It causes muscles to weaken and waste away over time, leading to increasing and often severe disability.

Daniel Thomas suffers with Becker Muscular Dystrophy. He hopes this

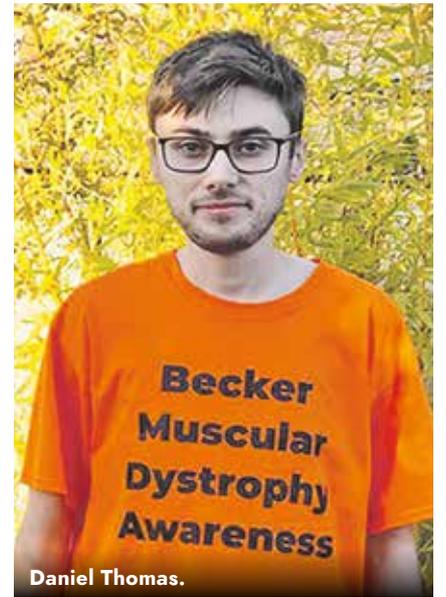
event will raise awareness towards muscle wasting conditions.

The event will consist of One-Off Special Smashers Badminton Sessions from 9am–1pm. £5 per person.

Raffle Table – Tickets £1 per strip.

**Shinewater Sports Centre,
Milfoil Drive, Eastbourne
BN23 8ED**

For more information contact Sean Newberry via email at: seannewberry@btinternet.com



Daniel Thomas.





Leap into Volunteering!

OPEN DAY



Leap Day
29th February

Pop in
10am - 2pm

Join a community of women supporting women

Boost your confidence/employability

Come and find out about what we offer!

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www.wayfinderwoman.com

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Charity no: 1175486

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01323 701702

info@gssalesandlettings.com
gssalesandlettings.com

185a Langney Road, Eastbourne
 East Sussex BN22 8AH



Est. 2012



Eastbourne to Amsterdam for St Wilfrid's

THE deputy station officer at *Eastbourne Coastguard* is riding from Eastbourne to Amsterdam to raise money and awareness for *St Wilfrid's Hospice*.

By **Peter Lindsey**

John Collins is taking part in the Hospices to Holland event from September 18th–22nd.

His target is £1,950 and this is why he is fundraising:

"I'm taking on this great challenge to support the wonderful work of *St Wilfrid's*. A number of people I know have benefitted from this amazing charity.

I only hope I can make Amsterdam before the knees give out! Thank you so much for your support!"

Starting in Eastbourne, the journey will pass along the south coast, across the channel, and then through the cycle-friendly cities and countryside in France, Belgium and Holland, finishing in Amsterdam.

The group will cycle past beaches, along waterways, and treelined canals dotted with windmills.

St Wilfrid's Hospice relies on the support of the community for 70% of its funding. By donating to *St Wilfrid's Hospice*, they can continue to help local people who need their services through the hospice building or out in the community.

Their care and support can continue to be provided to those facing a life-limiting diagnosis, and they can continue to support the wider family through their bereavement services.

To donate

Please go to: www.justgiving.com and search for: **John Collins Hospices to Holland 2024**



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



Rolling Rides for Megan

SATURDAY February 24th is a very special day.

By **Peter Lindsey**

That's when bikers will meet in Hailsham – and all for a very special young girl.

Megan is 15 and has a rare condition called Pitt Hopkins.

She is non verbal, and has seizures and severe food intolerances which impact her life. She requires special care 24/7.

She's had a long term dream to go to Australia – and that's where the bikers come in.

Rolling Rides is a non-profit voluntary organisation, and it wants to make this dream come true for Megan.

So, on Saturday February 24, it is asking bikers to meet up at the long stay car park behind *Hailsham Leisure Centre* in Vicarage Field by midday.

They will all travel to The 1066 cafe on the A21 at Robertsbridge.

Here is Eastbourne's Mark Hopgood from *Rolling Rides*: "We are asking for as many of you as possible to come and take part in this ride out for Megan.

"Loud bikes, trikes, classic cars and more. Flares, Australian flags too – come on and get involved."

Go to Facebook: **@Rolling Rides**

You can donate at: <https://www.paypal.com/pools/c/90V0y4WdXD>

Dream holiday homes

A GROWING East Sussex business which owns 11 holiday parks and farms – including *Sharnfold* at Stone Cross – is hoping for a successful 2024.

By **Peter Lindsey**

And it is now offering Virtual Appointments for people interested in buying their dream holiday home.

The *Family Parks Group's* head office is at *Wylands Farm* on Powdermill Lane, Battle. It has a lakeside cafe, farm shop, fishing centre and business centre.

It also owns holiday parks in Kent, East Sussex, Dorset and Norfolk, plus *Sharnfold* which is reopening on March 29th.

The Group is preparing for a busy 2024 and is offering Virtual Appointments to the public with their sales advisors to see what is on offer.

Virtual appointments are made throughout the year but more so during the winter months when they acknowledge people may not want to turn out.

Ian Smith, joint Managing Director, said: "The *Family Parks* group is an expanding business, and we are really excited about the prospects for the coming year.

"It has been a tough time for many but mortgage rates are on the way down and hopefully the cost of living crisis will ease during 2024.

"We have the perfect locations for families, couples and individuals.

"We offer top quality homes to purchase, all with fully equipped kitchens, comfortable lounge area, cosy bedroom and well-appointed bathroom.

"They give you everything you need to enjoy time away, no matter what the weather brings!

"We have conducted a thorough review of the business since the completion in July 2023, and we look forward to a bountiful 2024."

For more information visit: www.thefamilyparksgroup.co.uk



Vote for the BID

Since it was voted in by town centre businesses in 2019, Your Eastbourne BID has driven positive change for Eastbourne's town centre. This summer, we will be asking our BID Businesses to vote 'YES' for another five years of the BID in Eastbourne.

The initial remit for the BID was to tackle dressing the town, footfall and promotion, security and lobbying. However, over the course of the last four and a half years the BID has evolved these priorities to support our BID businesses through a global pandemic, cost of living crisis and incredibly challenging trading conditions.

The BID team and the incredibly supportive Board have worked tirelessly to address not just our initial priorities, but to bring exciting and fun events to the town centre, improve its appearance, drive footfall and increase security. Some of the BID's highlights so far include:

- Organising and running the first two years of the amazing town centre ice rink
- Some of the biggest and most successful events the town centre has ever seen, including the Jubilee Street Party, a range of specialist markets and the summer Pop-Up Park events
- Invested in Street Ambassadors to improve security and tackle anti-social behaviour and shop-lifting
- Introduced the best-ever Christmas light displays and interactive Christmas tree, whilst other towns were cancelling Christmas festivities
- Developed branding for each of the areas of the town centre, strengthening their identity as part of a wider marketing strategy

In June 2024, there will be a re-ballot held over the course of a month, where all of the BID businesses in the town centre can vote for another five-year term for Eastbourne. In the run-up to the vote, we will be holding a series of consultations in late February in four of the areas of the town centre. These are an opportunity for BID payers to come along, hear more about what the BID team has achieved for the town centre over the last four and a half years and to hear plans for the next five years.

The times and dates for the free consultations are:

- Little Chelsea – Tuesday 20th February, 6pm at Urban Ground
- Victoria Place – Thursday 22nd February, 10am at Qualisea
- Cornfields – Wednesday 28th February, 6pm at The Clock House
- Devonshire Quarter – Thursday 29th February, 6pm at Towner

You can register to attend at: <https://forms.office.com/e/K6AaDxFLpw> or by following the QR code.



If you'd like to chat to one of the BID team on a one-to-one basis, we will be running weekly drop-ins over the next few months. Drop-ins will be between 5pm and 6pm every Thursday evening at the BID office in Gildredge Road – no appointment necessary.

We need you to vote 'YES' at the re-ballot in order to keep delivering the ambitious plans for Eastbourne's wonderful town centre.

If you have any questions, please call the BID team now on 01323 671660.



Barley Sugar

Barley Sugar is an upmarket lifestyle store specialising in luxury foods and exquisite wines alongside beautifully curated decorative antiques and vintage finds. The concept has developed over the last 10 years and is now one of the leading shops of its kind in the East Sussex area.

Local Sussex products have always been at the forefront of our food and drink offering, whilst our decorative antiques and unusual vintage finds provide the perfect backdrop for a stylish living and eating experience. Barley Sugar is a great place to source an unusual gift for a friend or loved one, with unusual items wherever you look. We also have an unrivalled selection of unusual greeting cards and offer a selection of bespoke hamper solutions for food and wine lovers. Our antique and vintage stock is vast and is always changing as things are bought and sold both in the shop and online, so we are also always looking to purchase new and unusual antique items that you may want to sell. The shop is currently open each week on Thursday, Friday and Saturday 10am – 4pm, so pop in for a browse or to show us anything you think may be of interest.

Barley Sugar is located on the corner of Cornfield Terrace and Blackwater Road on the main route from the town centre to the theatres and Towner Gallery.

Barley Sugar
1 Cornfield Terrace
Eastbourne
BN21 4NN

Instagram: @barleysugardeli



Elmer © David McKee 2024, published by Andersen Press. www.elmer.co.uk

10 Feb - 14 Apr

Elmer the Patchwork Elephant is visiting Eastbourne this year.

Can you find all 12 Elmers based on David McKee's character around the town centre?

Scan the QR code for more information.



ANDERSEN PRESS

Follow us:

Your Eastbourne

Fantastic FoEH Fundraisers

FRIENDS of Eastbourne Hospital have some great fundraisers lined up this spring.

By **Gail McKay**

Their target is £500k this year to buy a gamma camera to aid in the early detection, diagnosis and treatment of cancers.

The Schools Art competition

The winner will have their artwork published on the front cover of their magazine, plus a goody bag, and the school will win signed copies of works by Nick Sharratt.

Race Night at the Fishermen's Club

on Royal Parade, the evening will include eight UK horse races.

1st March. £5 per person, ticket must be booked in advance.

Doors open at 7:00pm for first race at 7:30pm

Quiz Night

Fishermans Club on Royal Parade.

15th March – 7:00pm

For a fun night of quizzing book a team, entry is £5 per person, and teams can comprise of up to seven people.

Afternoon Tea

in the beautiful lounge of *Mortain Place*.

30th April – 2:30pm

Tea being served at 3pm. Tickets £15 per person.

Please visit:

www.friendsdgh.org.uk

for further information on these events and more.



The Friends of Eastbourne Hospital (FoEH) is committed to raising funds to provide extra equipment, amenities and services for patients and staff of the Eastbourne DGH.



WE'RE HIRING AN ADDITIONAL DEPUTY SHOP MANAGER

To work 16 hours per week, in the Eastbourne DGH

We are looking for someone who has:

- At least three years' experience of working in a retail environment
- Experience of working with and managing volunteers
- Familiarity with stock management and EPOS systems
- Experience of annual audit procedures
- Adaptability and a positive outlook, someone who seeks to solve problems positively
- A desire to be part of an organisation that really makes a difference
- Flexibility and an adaptable approach to changing priorities
- Enthusiasm and a sense of enjoyment when getting things done
- Ability to work weekends as required and flexibly throughout the week
- A team player approach, someone who can work in conjunction with the Friends Office and Trustee board, and is comfortable liaising with suppliers and Hospital Trust staff
- An understanding of the Friends' structure and ethos

If you meet the above requirements, please visit
www.friendsdgh.org.uk/deputy-shop-manager-vacancy
email esh-tr.friendsdgh@nhs.net
or call 01323 749503 for an application pack

CLOSING DATE FOR APPLICATIONS IS 01/03/2024
INTERVIEWS WILL TAKE PLACE ON 18/03/2024



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



One of The Chaseley Trust's carers wins Carer of the Month



Jackie on a fundraising triathlon.

JACKIE Turner goes above and beyond, provides exceptional care and also fundraises.

By **Nic Gray**

We are so proud of Jackie.

The Chaseley Trust support one another to achieve the same end goals.

At the beginning of January everyone in the trust was ecstatic to learn that one of our carers, Jackie Turner, won the *Arquilla Cares, Carer of the Month* for December.

Announcing across all of their social media, *arquellaUK* wrote:

“Drumroll please!

“We have a special announcement to make, and it’s all about our incredible Carer of the Month for December!

“This dedicated person has won a fantastic £50 Amazon Voucher, and we couldn’t be more thrilled!

“After carefully considering all of our amazing carers who were nominated, we are so excited to award this well-deserved prize to Jackie Turner.

“Jackie doesn’t just provide exceptional care; she goes above and beyond by fundraising for the residents at *The Chaseley Trust* in her spare time!

“Jackie’s passion and determination have truly touched our hearts and the lives of those she supports. We are so grateful for everything she does.

Jackie, thank you for making a profound difference and being an inspiration to us all.”

We are all extremely grateful for everything that Jackie does and are so thrilled for her that she has been recognised for all of her hard work and efforts.

Thank you Jackie from all of us here; including staff, residents and their families.



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**

Introducing... Britannia Beckwith

Chamber member Britannia Beckwith is a local business with a proud history that stretches back over 90 years.

A family-run organisation, Britannia Beckwith is a go-to for local customers who require trustworthy, bespoke removal and storage services.

We caught up with Karen from Beckwith, to find out more...

"We would like to introduce our family run company to you: we are part of a national co-operative called Britannia Movers International and we have depots in Newhaven and Bexhill. Last year we were excited to open our new state of the art depot in Faraday Close off Lottbridge Drove in Eastbourne.

We are pleased to be able to offer our excellent bespoke removal services both domestic and business removals to the town and surrounding areas offering a complete packing service if required. Being a fully accredited



company and members of the British Association of Removals, we offer removals all over the UK and across the world.

At all depots, we also offer excellent self-storage solutions ranging from 10 sqft small lockers to 300 sqft units, which are perfect for expanding businesses who require additional flexible storage.

We are pleased to offer all Chamber members an excellent introductory offer of £1.00 for the first month rental on any of our storage units.

Other services we offer to local businesses include shredding of confidential and electronic data for both domestic and business, a range of different sized van hires and a box shop offering high quality, great value accessories of packing materials.

Contributing to the local community has always been important to Britannia Beckwith, and this year, we are pleased to announce that The JPK project, based in Eastbourne has been our nominated charity.

Currently, we enjoy working with businesses across Eastbourne, and we look forward to working with more local companies and building strong relationships.

If you would like to find out more about our services, please contact us. We look forward to hearing from you".

You can learn more about Britannia Beckwith at www.britanniabeckwith.co.uk

London Philharmonic brings pictures at an exhibition to Eastbourne on Sunday 11th February at 3pm

As Eastbourne continues to celebrate hosting the Turner Prize, the world-famous orchestra brings Mussorgsky's masterpiece to the Congress Theatre for a timely concert.

It might have been the vodka talking, but when Modest Mussorgsky went to an art exhibition his imagination went

into overdrive. Talking skulls, dancing chickens, ancient castles and a hut with hen's legs: Pictures at an Exhibition is a riot of colour. Going to an art gallery was never meant to be this much fun, but for guest conductor Kahchun Wong it's merely the climax of a whole concert powered by the imagination. Because when violinist Francesca Deگو scales the Alpine peaks of

Brahms's radiant Violin Concerto, every note speaks straight to the heart.

'This Singapore-born ball of energy and charm is a name to watch.' – The Observer Classical Music, Music Critic Fiona Maddocks on Kahchun Wong.



New members for January

Cub and Tribe • Gellatly • Angie Thomas • Coda Pharmacy • Willow Tree Financial Services • Wolo Foundation • Copford Sawmill
 Pro Touch Beauty • Fuzzy Websites • Creative Confidence Academy

Wayfinder Woman Launches Work And Wellbeing Day 2024



Eastbourne Charity Wayfinder Woman has announced the return of their annual Work and Wellbeing Day, an annual event that brings businesses together to raise awareness of the charity's work and explore the current state of play on a different theme each year.

This year's theme is 'AI, Friend or Foe' and the event will take place at the Hub at Sovereign Harbour Community Centre with three rooms dedicated to work and wellbeing.

One room will feature stall holders focussed around health and

wellbeing whilst a second hall will host speakers from across the world of technology and health and wellbeing. Alongside this, a third room will be used for networking and recruiting.

Wayfinder are now looking for people who are keen to get involved, whether attending as a guest, as a speaker or a wellbeing practitioner. If you would like to know how you can be part of Work and Wellbeing Day, simply visit www.wayfinderwoman.com or email: info@wayfinderwoman.com

Eco Haven Homes – Conservatory roofing and home refurbishment Specialists



Are you interested in elevating the appeal of your home, saving money and doing your bit for the planet?

At Eco Haven Homes we excel in transforming conservatories into visually stunning and energy-efficient havens. Say goodbye to temperature extremes and hello to a perfectly insulated space. Our cutting-edge insulation solutions ensure that your conservatory remains cool in the summer and warm in the winter, allowing you to enjoy it all year round without worrying about the weather.

Eco Haven Homes offer a dedicated and uniquely personalized service, with you from the initial consultation to final installation and

understand the individual needs and design preferences of customers ensuring that every project is a seamless blend of functionality and aesthetics. We bring a wealth of experience to create bespoke roofing solutions that not only complement your homes architecture but also provide a more energy efficient and comfortable home.

As an expert team of two we have no need for unnecessary sales and marketing teams guaranteeing the most personalised and highly competitive company for your conservatory needs. All our products are 100% recyclable and we also take extra care to recycle all your old conservatory materials as we believe in a sustainable future.

Eco Haven Homes is a company created with the invaluable help from Edeal Enterprise Agency, funded by Wealden District Council providing us with business knowledge from business professionals.

We highly recommend getting in touch with the team at Edeal to drive your business forward. Visit edealgroup.org.uk or call 01323 641144. If you are interested in a free conservatory



consultation Eco Haven would love to hear from you. Please visit ecohavenhomes.co.uk or call 07833 225771.

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!

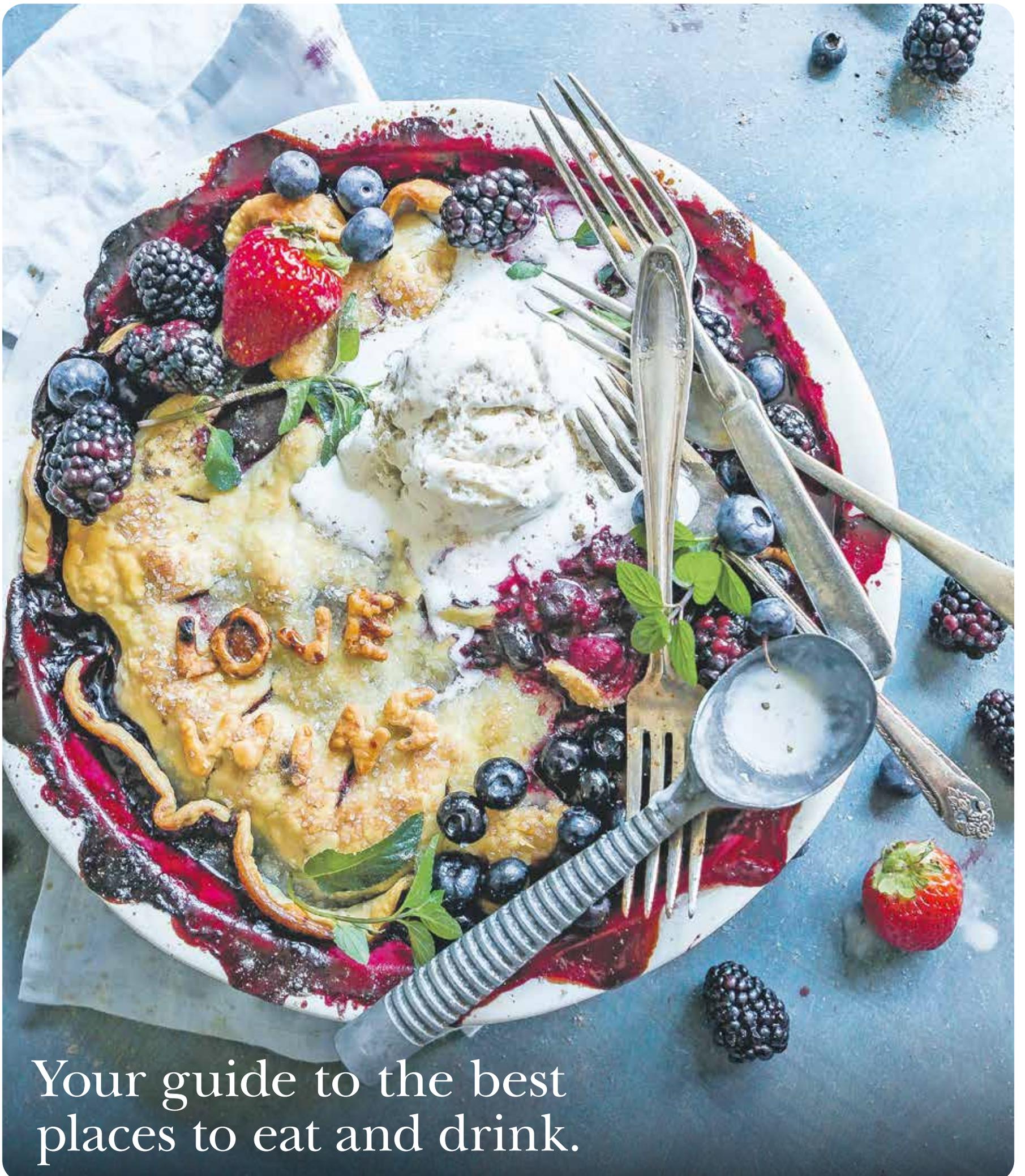
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Est. 1912
Seafood & Steak

Wednesday 14th February Valentine's Day

Relax and enjoy a sumptuous three course Valentine's Dinner as you are gently serenaded by West End singer Peter Stanford.

£35 per person

Scan to book



Thursday 22nd February Bordeaux Wine Pairing Dinner

Join us for an evening of wine and food celebrating the splendour of Bordeaux. A truly wonderful wine region with great history and quality. Each wine will be matched with a complimentary dish as part of a fabulous three course meal.

£58 per person

Scan to book



THE LANSDOWNE

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

2024 events announced at The Lansdowne

OUR 2024 calendar of events is published online with a variety of wine tasting events, murder mystery dinners and tribute nights taking place throughout the year.

By **Stephen Callis**

Join us this February or March and choose from a selection of events over the coming weeks.

Valentine's Day Dinner – Wednesday 14th February

Relax and enjoy a sumptuous three course Valentine's Day dinner as you are gently serenaded by West End singer Peter Stanford.

Peter will perform a wonderful selection of popular songs and evergreen standards, all with the theme of love, as a magical accompaniment to your very special evening.

Dinner is £35 per person. Alternatively, stay overnight and enjoy the Valentine's Day Dinner, breakfast with chocolates and Prosecco in your room on arrival, from £179 per room. Book via our website or call us on **01323 725174**.



Bordeaux Wine Pairing Dinner – Thursday 22nd February

Enjoy a welcome aperitif on arrival and a three course dinner with matching wines from Bordeaux, the largest wine growing area in France with over 5,000 producers. Learn about this fascinating wine region with carefully selected wines per course. £55 per person. Book via *Fizz on Foot* on **01323 737271**.

Mother's Day – Sunday 10th March

Treat Mum to a three course lunch in our restaurant *1912 Seafood & Steak* or Prosecco afternoon tea in our sea view lounges. Lunch £30 per person. Prosecco afternoon tea £27.95 per person. Book via our website or call us on **01323 725174**.

Dine with us during February

Our restaurant *1912 Seafood & Steak* continues to offer all day dining from midday with our offer of two courses for £26 available. Popular options include our signature starters calamari or pan-seared scallops, followed by main course meat dishes or seafood specialities, with vegan and salad options also on the menu. A selection of desserts are also available – the hardest part is deciding whether to have a starter and main course or main course and dessert!



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

www.lansdowne-hotel.co.uk
01323 725174
enquiries@lansdowne-hotel.co.uk
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The Street Café

WHEN you are thinking about places to eat, a hospice may not be the first place that comes to mind.

By **Madeleine Green**, St Wilfrid's Hospice

But The Street Café at St Wilfrid's Hospice on Broadwater Way in Eastbourne is a place to put your preconceptions to one side and enjoy a cuppa and a cake in beautiful surroundings.

Bright and spacious

Set in the bright, spacious, Street area of the hospice, *The Street Café* is open to the public daily from 8:30am to 4pm. Perhaps best

known for their scrumptious cheese scones, the Café serves a range of cakes and pastries, along with sandwiches and a salad bar. There is also a hot meal and a soup on offer each day. From traditional roast dinners to lasagne, hot pots and curries, every day there is a new delight to try.

Everything is made on site by the dedicated catering team who also prepare all the meals for patients

staying in the hospice. What's more, profits from The Street Café contribute to supporting St Wilfrid's hospice's patients and their families.

A safe space for everyone

But the café is about more than just food; it's a meeting space for the community and a safe space for everyone. *Hampden Park Shed* runs a craft group – open to everyone – there on the first Monday of each month. There are often local musical groups performing. And several community groups use it as their meet up point. Visitors are also welcome

to use the *Retreat* – a quiet space for reflection. Or to spend time remembering loved ones by the *Memory Tree* – a beautiful sculpture at the heart of *The Street* adorned with dedications to people who have died.

A warm welcome

You'll always find a warm welcome at *The Street Café*, so be sure to pop in next time you are nearby.

The Street Café is open from 8:30am – 4pm seven days a week. The hot dish and soup are served between midday and 2pm and change daily, with a vegetarian option available. Dogs are welcome in the seating area.

Find out more about *St Wilfrid's Hospice* at stwhospice.org or keep up to date with the latest news on *Facebook* (StWilfridsHospice), *Instagram* (@stwhospice) and *X* (@StWilfridsTweet).





The Crown of Culinary Excellence!

2 or 3-course meals
from just £15/£17!

Read below for more information.

Indulge in a first-class dining experience at Kings Restaurant, where excellence meets affordability at East Sussex College Eastbourne.

An exciting hybrid of student training and a real working restaurant combine to offer a unique dining experience at Kings Restaurant in Eastbourne. Located in the Kings Building of East Sussex College, the restaurant is open to the public during the daytime and evenings for selected themed special events (term-time only).

Why dine at Kings Restaurant?

A five-star dining experience (as per Tripadvisor) awaits, with a specially crafted menu, focusing on quality locally sourced produce where possible. Students are trained under the watchful eye of tutors in class and then run the kitchen/front of house under the supervision of restaurant manager Oliver Zecchin.

Kings prides itself on being a valuable asset to the community. Oliver and the team work with local employers to provide students the very best start to their careers in Hospitality and Catering. Links include the likes of The Grand Hotel Eastbourne, The View Hotel, and Rathfinny Wine Estate.

The Kings Restaurant team invites you to join them as their guest, with Level 3s featured on Wednesdays and Level 2s on Thursdays and Fridays, with a differentiated menu ensuring a diverse culinary experience tailored to meet the skillset of different levels.

Kings Coffee Shop is open to the public Wednesday-Friday from 8:30-12:30 and offers barista-style coffee using locally roasted Tigermoth coffee beans. If it's on your commute to work, be sure to give them a try. And if you're not en route, it's worth a detour!



SCAN THE QR...
to find upcoming event dates
and further information.

Attention to detail

A focus on quality and fine attention to detail in the preparation and presentation of fine dishes makes Kings stand out from the crowd. As a training restaurant, diners also benefit from wallet-friendly prices. You will find it hard to find equal value and quality elsewhere.

For reservations and more information, please email kings@escg.ac.uk.

Alternatively, book online at www.escg.ac.uk/shops-services/kings-restaurant



Marinated fig on house-made ciabatta with burrata & mixed leaves.



Chocolate cheesecake with toffee & honeycomb.

What's on offer

The restaurant offers a Table D'hôte menu throughout its three open days, featuring a choice of three starters, three mains, and three desserts. On Wednesdays, the menu is skillfully curated by Level 3 students, showcasing a more intricate culinary experience. Meanwhile, on Thursdays and Fridays, Level 2 students present a comparable selection, focusing on refining essential skills vital in a professional kitchen.

The 2 or 3-course options are attractively priced at £17 and £19 on Wednesdays, and £15 and £17 on Thursdays and Fridays. Both dates include complimentary tea and coffee.

Kings Restaurant is open for lunch on Wednesday, Thursday and Friday during term time. All food is made under the strict supervision of industry skilled chef lecturers. You can also pop along for our afternoon teas!

King's Restaurant hosts a diverse array of themed events, including Christmas functions, Burns Night celebrations, and a special dinner for student alumni.



Keep up to date with the latest news
and follow us on social media!

@ESCGKingsRestaurant @WeAreESCG

Kings Restaurant
Kings Building
East Sussex College
Cross Levels Way
Eastbourne BN21 2UF

Lunch Special



THE MIRABELLE AT THE GRAND HOTEL

Whether it's a leisurely lunch with friends, a business rendezvous, or a special celebration, the Mirabelle offers the perfect ambiance to enhance your dining experience.

Discover a world where culinary artistry meets unparalleled service.

2 Courses £25 | 3 Courses £30

To book your table visit:
grandeastbourne.com/eastbourne-restaurant

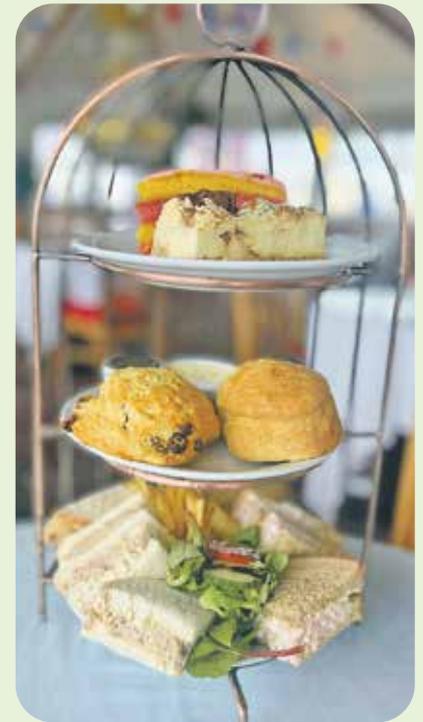


New Head Chef
Alex Burtenshaw



01323 412345
grandeastbourne.com
reservations@grandeastbourne.com

The Grand Hotel
EASTBOURNE
★★★★★



Tea on the Pier

THE Victorian Tea Rooms, are situated in the middle of the iconic Eastbourne Pier.

By **Gail McKay**

Come and visit and marvel at the stunning views of the sea and the South Downs.

They offer a relaxed atmosphere with friendly staff, seven days a week, for you to enjoy the delicious food and drink on offer.

Their Sussex Tea and Afternoon Tea are extremely popular, and include large, homemade scones.

“
A relaxed atmosphere with friendly staff, seven days a week, for you to enjoy the delicious food and drink.

Venue hire

The tea room is also available to hire for your special occasion. It's the perfect venue for your baby shower, children's afternoon tea party, wake, celebration of life or family get togethers. They can accommodate most requests. The venue fully licensed and has a variety of catering options available. Get in touch with the events manager, who will work with you, to ensure your event planning is stress free.

New parent's meet up

Parents of newborns, babies and toddlers are welcome to come



along with their newborn/baby/toddler for refreshments and to meet new friends.

First Monday of the month at 10:30am.

Mothers Day Afternoon Tea Sunday 10th March

Treat your special mum to a glorious afternoon tea with a beautiful view! £22 per person £12 per child (up to age 12) Includes a surprise gift for all mums. You can book now via the online booking system or call. Gluten free and plant based options available.

Check social media platforms for up-to-date information on themed days and evenings. Their Drag Bingo is not to be missed!

Airbourne 15th – 18th August

Airbourne is very special at The Victorian Tea Room. They really do have the best view in town. Come and watch the displays flying over the pier. Call or book online now to secure your table.



**Victorian Tea Rooms
Eastbourne Pier
3 Grand Parade
Eastbourne BN21 3EL**

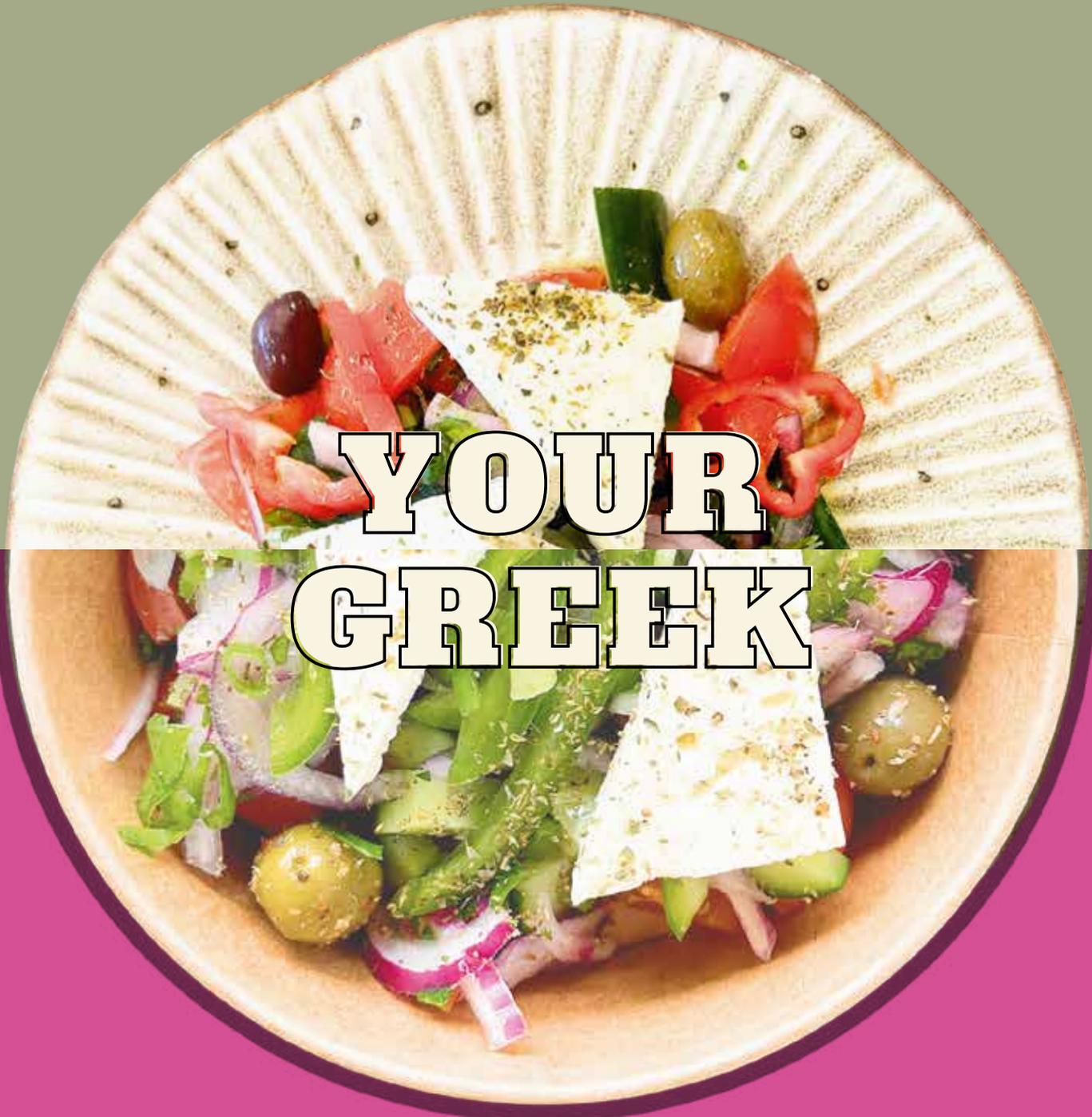
Online booking:
<https://the-victorian-tea-rooms.resos.com/booking>

f VictorianTeaRoomsPier

**07838 738170
thevictoriantearoomse@gmail.com**

Terminus Road

.gr/eat
greek cuisine



Langney Shopping Centre

.str/eat
greek food



Merci Maman

GIFT your loved ones your time this Mother's Day at *Bistrot Pierre*.

By **Jessica Wight**

Perfectly located on the seafront with views of Beachy Head, *Bistrot Pierre* is a restaurant for the whole family.

The team at *Bistrot Pierre* have curated a 3 course menu especially for Mother's day with roast dinners at the heart along with other French inspired dishes. Choose from roast sirloin of beef, half roast chicken, pork medallions or the NEW celeriac wellington veggie/ vegan roast offer. Not a roast dinner fan? Boeuf Bourguignon, Steak Frites and Fishcake Niçoise are customer favourites that feature on the menu. All for £26.95.

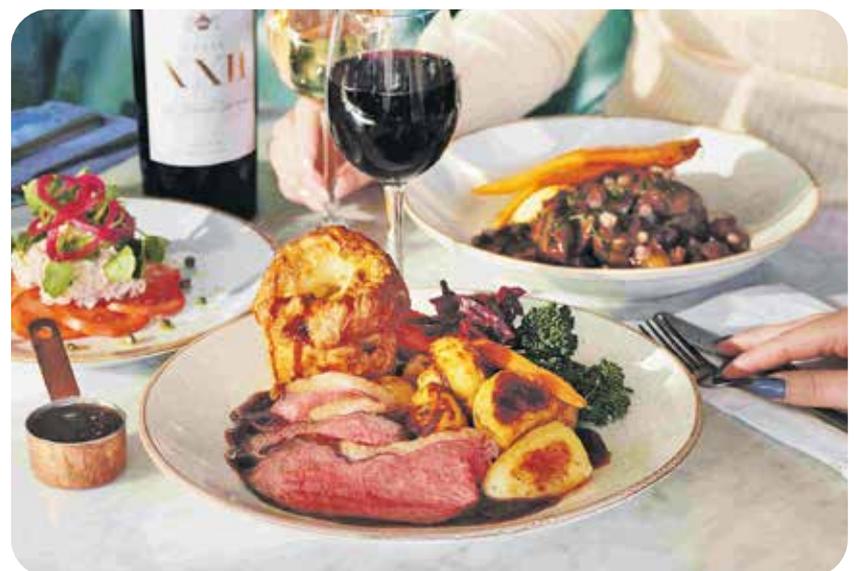
If you have a sweet tooth, look no further than the Raspberry and Almond Frangipane, giant profiterole with warm pouring chocolate or a classic Crème Brûlée.

Under 12's can take advantage of the £8.95, 3 course kids menu which features favourites for children of varying ages, including smaller sized roast dinners.

Once you've finished, take a stroll along the sea front or visit the historic *Wish Tower* right next door.

If you're not able to visit on Mother's Day, why not give them a gift voucher. These can be purchased online at: www.bistrotpierre.com or in the restaurant.

Get something extra
Download the *Club Bistrot Pierre* app to take get of 5% cashback in Bistrot Pounds on all food & drink purchases. Take advantage of monthly offers such as discounted drinks, free dishes, and exclusive events. Search '*Bistrot Pierre*' in the app store or play store.





Sip Sip Hooray!
#TheViewHotel

MEMORABLE MOMENTS PACKAGE

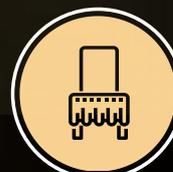
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2 additional complimentary buffet options



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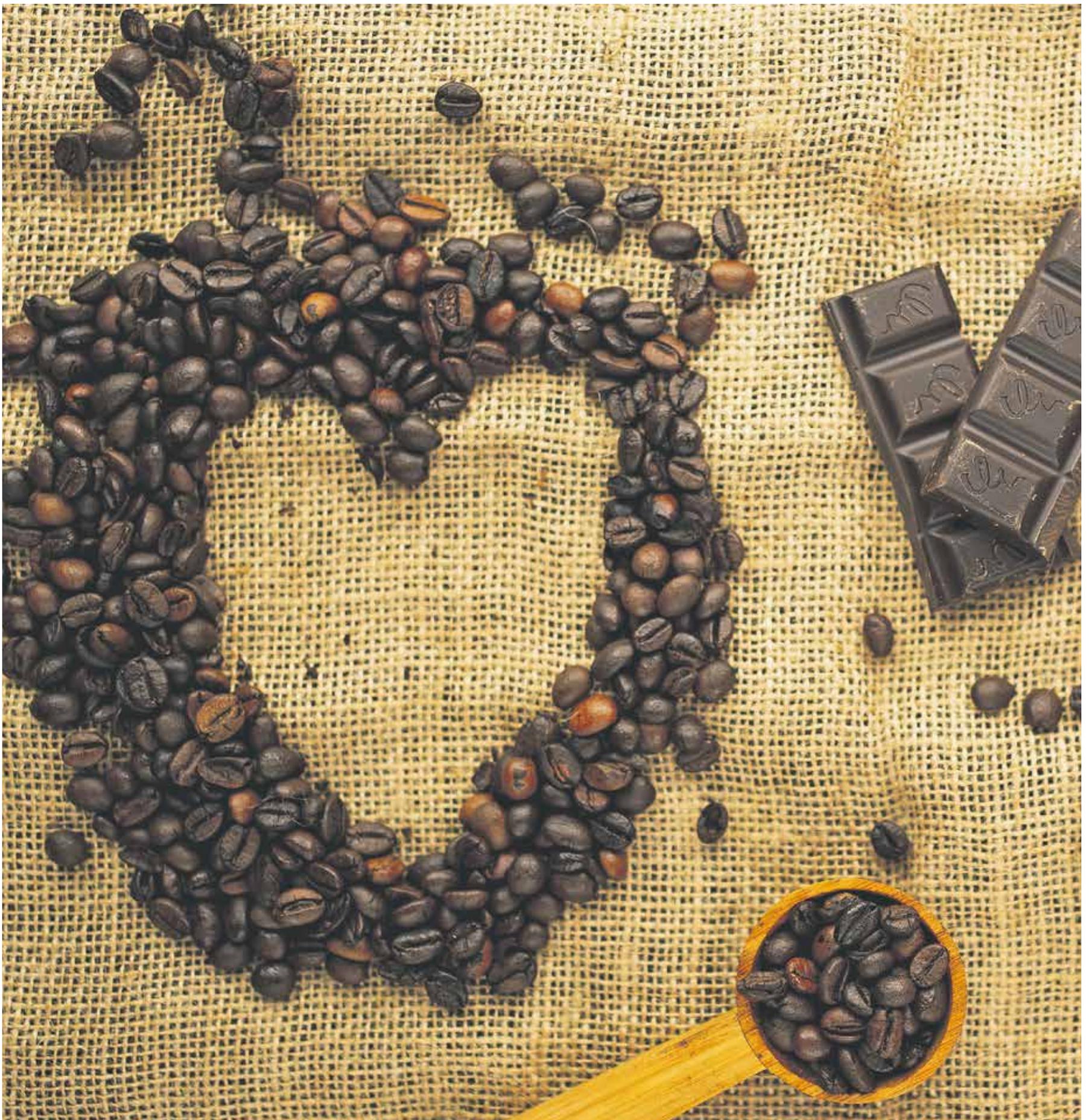


events@theviewhoteleastbourne.com



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Health & Wellbeing



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Huge pre-loved furniture shop



AGE UK East Sussex is seeking out volunteers and asks you to come visit their newest store.

By **Molly Graff**

Working in the community to help the older generation, Age UK East Sussex is an independent local charity seeking out volunteers.

With a recently opened furniture warehouse and donation centre located on Maple Road, they are asking you to get involved! Whether that be through volunteering or just

opting for Age UK East Sussex when looking for a new chest of drawers or bed frame. There's plenty to offer at the store from sofas and armchairs, tables and chairs or a range of their best seller, brand-new beds and mattresses.

Free delivery

Grab yourself a divan bed base, mattress and headboard with FREE local delivery, while stocks last. 3' Singles are £250 and 4'6" Doubles are £350. (Free Delivery is within a 20 mile radius.)

Volunteers

Age UK East Sussex's volunteers are the backbone of the charity and they could not continue their great work without them.

Volunteers can take on the roles of working in one of the seven shops located in the Eastbourne area. Their roles can predominantly consist of sorting the pricing, making displays, distributing leaflets and 'bagging-out' – delivering charity bags for people to fill with their unwanted belongings and donate.

Age UK East Sussex is very flexible with volunteers and there are no set hours, so they work around what is best for you. Full training will be available and you will be paired up with an existing volunteer.

For more information on volunteering with Age UK East Sussex please call:

01273 476704

email:

volunteers@ageukeastsussex.org.uk

or visit:

www.ageukeastsussex.org.uk

Furniture Donations Needed



Age UK East Sussex Furniture Warehouse & Store
16B Maple Road, Eastbourne, BN23 6NY
Tel: 01323 403111
Email: eastbourne@ageukeastsussex.org.uk
www.ageukeastsussex.org.uk

Age UK East Sussex, 54 Ciffe High Street, Lewes, East Sussex, BN7 2AN
 Registered charity number 1139470. Company number 07216053.
 VAT registration number 210 694 234.



Think twice before throwing out your unwanted goods! We will collect your pre-loved furniture, white goods and electricals free of charge* and sell them in our Store to help fund vital services supporting older people in East Sussex.

Give us a call on 01323 403111 or email eastbourne@ageukeastsussex.org.uk to arrange a collection.

We can also deliver for a small fee* so pop in and browse our Store at Maple Road!

Maple Road is via Birch Road off the Tesco Extra/Birch Roundabout (A2290).

What3Words: thread.lows.condiment

Your donations will create smiles in East Sussex.

* Only items which are suitable for re-sale and located within a 20 mile radius of our Store, are eligible for free collection. Deliveries within a 20 mile radius of our Store start from just £15.



Want more from 24?

ONE You East Sussex, the county's free healthy lifestyle service, are asking East Sussex residents do you "Want More From 24?"

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

OYES provide free services across East Sussex to help people stop smoking, lose weight, eat healthier and move more as we look to support local residents improve their health in 2024.

All these services are accessible either face to face at local community

locations across East Sussex or remotely on the phone or internet and its all **FREE OF CHARGE!**

OYES also provide the **FREE NHS Health Check** which looks at your blood cholesterol levels, checks for diabetes and your heart health.

To access these services please check out the OYES website on www.oneyoueastsussex.org.uk or call **01323 404600**



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or contact us via the website www.luxorwellbeing.co.uk



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- ♥ RSVP and join us between 2:00pm and 4:30pm for prosecco, soft drinks and nibbles
- ♥ Meet some of our lovely owners who can share their experience of day to day life living at the Court
- ♥ Have an opportunity to view the spacious one and two bedroom properties currently for sale
- ♥ Meet our friendly staff who can talk you through all the essential help you need when it comes to downsizing and selling your property

**TO RSVP PLEASE CALL
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www.retirementsecurity.co.uk

Marlborough Court,
Southfields Road, Eastbourne,
BN21 1BT



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Show Suite now open

THE Show Suite is now open at Willingdon Park Manor, a new, vibrant residential, nursing, dementia care home in Eastbourne.

By **Peter Lindsey**

Opening in the spring, Willingdon Park Manor – on Kings Drive – will cater to residents' everyday routines with supportive facilities such as a tranquil hair salon, a homely café, and a nostalgic ice cream parlour.

Willingdon Park Manor includes a unique offering called The Residences, which gives residents access to an exclusive neighbourhood with its own fine-dining room, cocktail bar, deluxe double suites, dedicated concierge and private chauffeur.

Other features include a cinema room with relaxed seating so residents can enjoy watching the latest films, cult classics and sporting events, an inviting celebrations bar which will be used for home events and family parties and several dining rooms which will enable relatives to have a meal with their loved ones on occasion.

Customer Relationship Manager at Willingdon Park Manor, Emma Jennings said: "We have over 25 years' experience delivering award-winning, relationship centred

care and we are excited to be able to create an engaging new care community in Eastbourne.

Our dedicated team are looking forward to getting to know residents and provide a home where they feel supported to live life to the full, continue existing hobbies or even find new ones."

The Show Suite is now open Monday to Sunday from 9am–4pm. Pop in for a cuppa to find out more or contact Emma for a friendly chat on **01323 917004** or **Emma.Jennings@hallmarkcarehomes.co.uk**



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www.clearwellmobility.co.uk

Meet Your New Neighbours

Show Suite Now Open

We've put the  kettle on ready.



Relax in luxurious comfort



Enjoy award-winning residential, dementia & nursing care



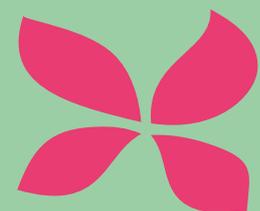
With room for a furry friend

Hallmark Willingdon Park Manor Luxury Care Home's show suite is now open. Pop by for a chat with Ian or Emma, take a tour, and see what's possible.

Open 7 days a week, 9am - 4pm

Willingdon Park Manor, Eastbourne, BN21 2YB

01323 372 736 | hallmarkcarehomes.co.uk



HALLMARK

WILLINGDON PARK MANOR
LUXURY CARE HOME

Walk more

WAS 'Walk More' one of your New Year's Resolutions? How's it going?

By **Gill Mattock**, Polegate Ramblers

Just in case you need that extra bit of motivation this month's article is focussing on Polegate Ramblers' Long Walk group.

This group meets every Thursday at Polegate rec and car shares to the walk starting point (between 4 and 20 miles away). The long walks are usually about 10 miles and are led by experienced members of the group who have planned and reccied the route in advance and lead us on the day. The group can vary in size but is usually between 15 and 25. I asked some of

them why they joined and why they keep coming – here's what they said.

Long standing members particularly liked the flexibility and the mix 'n match option – there is no obligation to turn up every week and if you fancy a shorter walk you go with the 5 mile group instead. They also liked going to places they wouldn't normally go – recent walks have taken us as far afield as Battle, Newhaven and Uckfield. But why the 10 mile group? Apparently they liked the challenge of a long walk and

from the health point of view, there was agreement that it was important to keep active as long as you could. The social aspect of the weekly walks was also highly valued with members emphasising that it was great to chat to different people as they walked, often picking up conversations from previous weeks and how they had made new friends and learned new things. It was also pointed out how useful it was if you had a non walking partner.

Sarah, our latest recruit, told me that the thought of turning up that first time was very daunting but that taking the plunge was the best thing she had done. She very much appreciated how everyone had gone out of their way to welcome her and make her feel part of the group. Her message to others thinking of joining was definitely, "Just do it and you won't regret it".

If this hasn't whetted your appetite for our 10 mile programme or you don't feel ready yet for such



a distance, you may be more interested in our Short Walk group which we will focus on next month or our Leisure Walking group.

Details of all our walks can be found on our website:

www.polegateramblers.org.uk
or by emailing our secretary at polegateramblers@gmail.com



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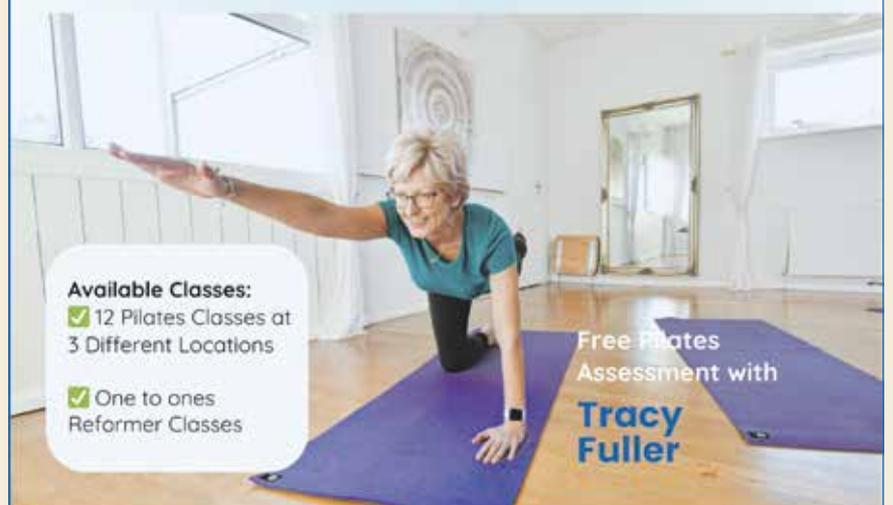
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Book your **FREE Pilates Assessment** now and take the first step toward a more flexible, pain-free you!
LIMITED SPACES AVAILABLE



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✓ 12 Pilates Classes at 3 Different Locations

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Free Pilates Assessment with
Tracy Fuller

How to book your Free Pilates Assessment?

Just head over to www.eastbournepilates.com and click on "Book Free Assessment" or send an email at

tracy@eastbournepilates.com



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Inspected and rated

Good

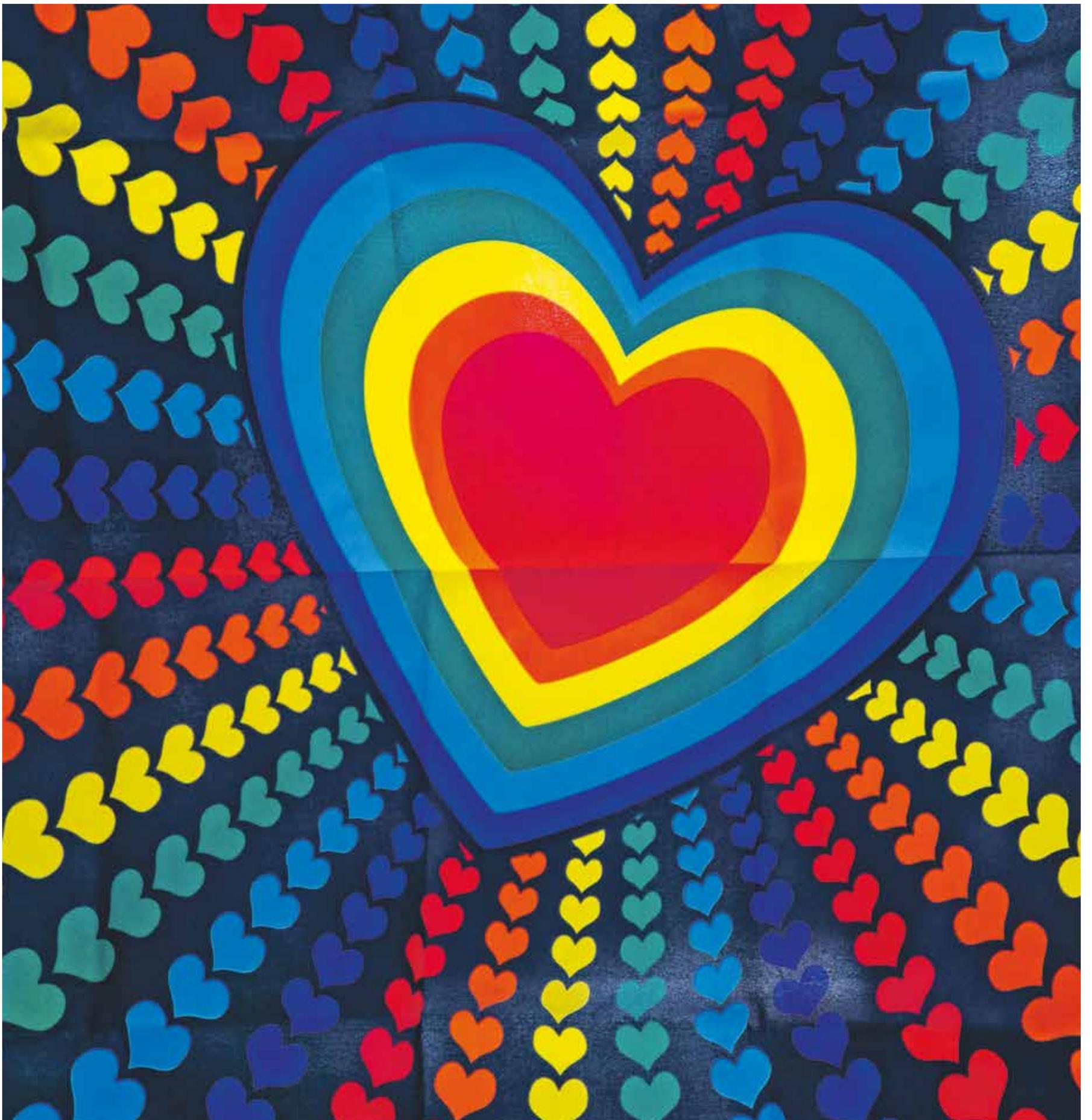
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The Arts



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WHEN? 2nd Wednesday, every month
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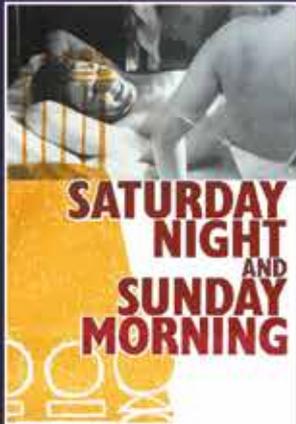
**INDEPENDENT CINEMA,
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What's on in February!

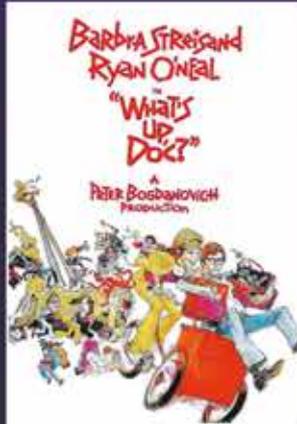
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12A Next Goal Wins



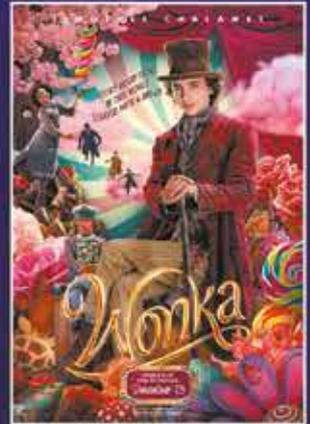
PG Saturday Night and Sunday Morning



12A What's Up, Doc?



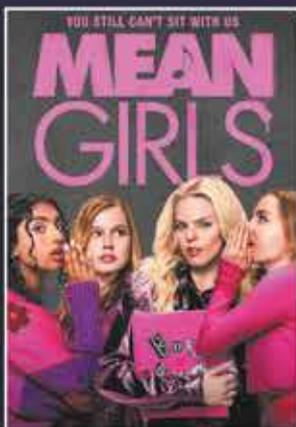
12A One Life



PG Wonka



PG Paddington



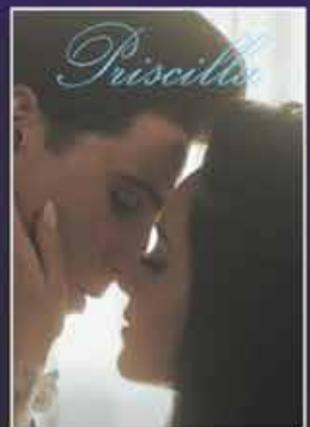
12A Mean Girls



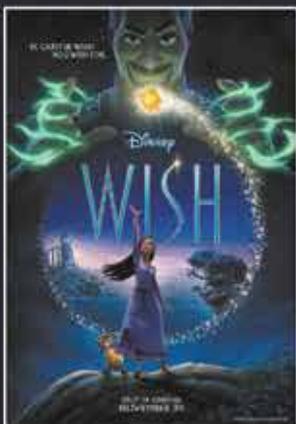
15 Four Weddings and a Funeral



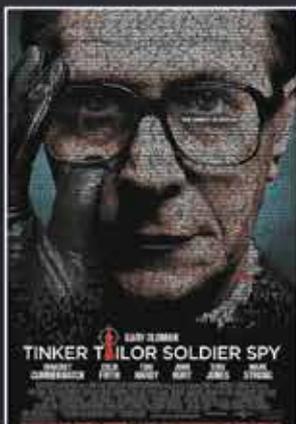
U The Wizard of Oz



15 Priscilla

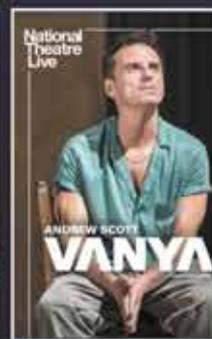


PG Wish



15 Tinker Tailor Soldier Spy

EVENT CINEMA



LIVE EVENTS



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Gallery@42 hosts Alex Sádlo

HAILED as a world master in enamelling and as a pioneer in the modern art movement, Alexander Sádlo was a prolific and gifted artist whose upcoming exhibition in Eastbourne is expected to foster a wider enjoyment and appreciation of his paintings.

By **Molly Graff**

Gallery@42 is honouring his memory by celebrating one of Alex's long-term practices, depicting the forms created by moving figures.

Modest

Despite dedicating his life to his art, about a third of his work never left his studio; some of these will be featured in this exhibition. His wife Gaynor described Alex as a modest man who never went to seek fame for his art. Alex was passionate and dedicated, always exploring new ideas for his work.

Visual tension

A special feature of Alex's work shows the range of different mediums he worked with. He created contemporary

jewellery, collages using ribbons, stamps, newspapers and stereoscopic cards. Alex also enjoyed using fluorescent oil paints which allowed him to create complementary colours with visual tension and movement. The techniques that he used started at the very beginning of his career, in the early 1950's.

Vitreous enamel

In 1957 Alex became attracted to the brilliance and permanence of vitreous (glass) enamel on copper and he went on to win international prizes in this medium, in Japan and France. He also learnt to cut and carve Australian opals, making them into his jewellery. He loved carving pebbles and shells for fun and he made many ceramics, often in partnership with Gaynor.



Alex took time, care and passion when working on his art and used the best source of materials he could get his hands on.

Exhibition

Some of the large paintings you will see in the upcoming exhibition include an array of geometric shapes, using an illuminating colour palette to create the sense of movement. The show will reveal how these ideas of depicting movement developed over 50 years.

Also set to feature in the show are ceramics created by Gaynor from Alex's 100 or so designs for vessels, discovered during Gaynor's cataloguing

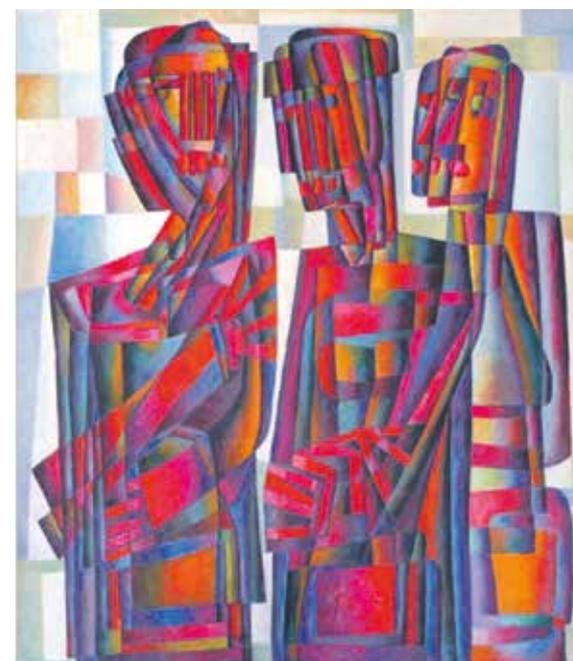
of Alex's 1000+ drawings. Gaynor creates these vessels at *Eastbourne Studio Pottery*, partly as a therapeutic process for coping with loss.

All are welcome!

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

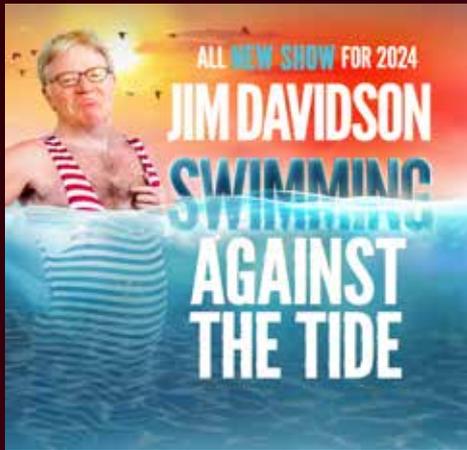
Gallery@42
42 South Street
Eastbourne BN21 4XB

galleriat42@gmail.com
www.galleriat42.co.uk

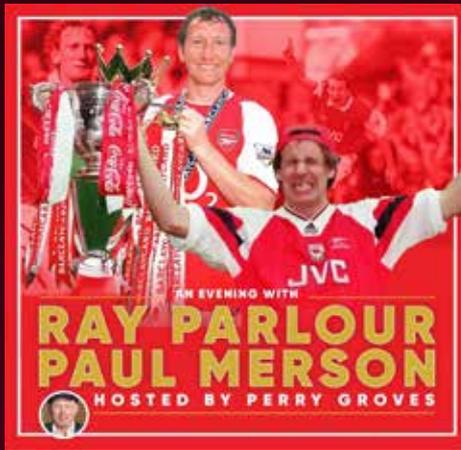




ROYAL HIPPODROME THEATRE



Jim Davidson
Saturday 3 February



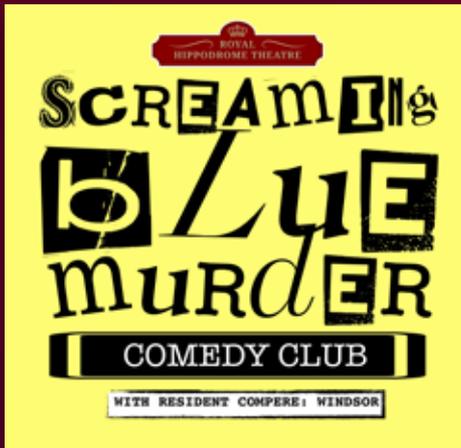
Legends of Arsenal
Wednesday 7 February



Radio Gaga
Friday 9 February



The Opera Boys
Saturday 10 February



Screaming Blue Murder Comedy Club
Friday 16 February



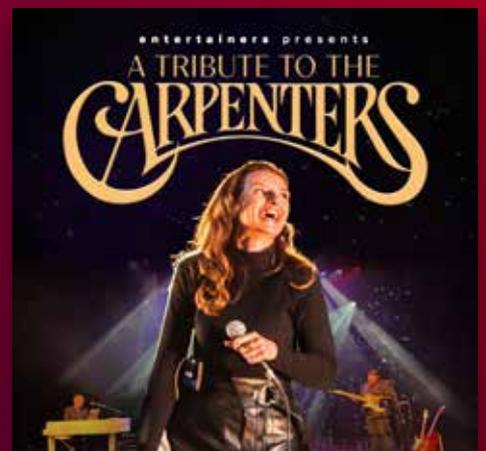
Thank You For The Music
Saturday 17 February



Karl Loxley Songs of Stage and Screen
Friday 23 February



Stuart Michael
Saturday 24 February



A Tribute to The Carpenters
Sunday 25 February

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



Design meets art

FORMER designer from London, Dave Nokku has settled in Eastbourne to fulfil his passion for art and all things graphic design.

By **Molly Graff**

With an upcoming exhibition at Gallery@42, Dave has been preparing his artwork.

Experienced

Now a part time Salsa and Bachata dance teacher, Nokku has worked in various sectors of the design industry for many years ranging from visualization, branding, storyboarding and art direction. And after looking after his family for the last 15 years, Nokku decided it was time to do something for himself and began working on his art when he moved to Eastbourne.

Range of collections

By taking inspiration of his surroundings at the Harbour, Nokku has a series of collections – *Storybook*, *Face*, *Air* and *Wheels and Bike*.

“I didn’t know if I could create art, designing is very different. When

I was walking around the harbour I took a shot that almost looked like a runway and I thought it would be great if I could recreate that.”

Detail

By using vectored images, Nokku has the ability to make his work highly detailed. Alongside the prints of his

work there are also animations set to music enabling the viewer to go deeper into the details of his art.

All of Nokku’s art includes a range of famous and well-known references for example *The Beatles*, *Thunderbirds* and *Top Gun*. Visit his website at nokkuart.com to see if you can spot any.

The Exhibition will be running from **22nd February to the 3rd March 12pm – 6pm**



NOKKUART

**Gallery@42
42 South Street
Eastbourne BN21 4XB**

galleriat42@gmail.com
www.galleriat42.co.uk

Artists in residence



EASTBOURNE ALIVE town-wide partnership project celebrating the once-in-a-lifetime opportunity that the *Turner Prize 2023* offers.

By **Gail McKay**

The aim is to reanimate underused spaces through public art and collaborative events, including a series of major artworks installed across Eastbourne which will explore the notion of a modern-day monument.

Renee Vaughan Sutherland and Florence Wright will take up

residency at *Motcombe Pool Caretaker's House* as part of the wraparound programme. The project focuses on community engagement, youth voice, wellbeing and creativity in a space that is much-loved by the locals and will highly benefit of the animation of currently disused rooms.

The project will kick off with a period of research and development, consisting of working in the space, utilising the house as a site to generate work and draw inspiration.

During this period, the artists will begin direct outreach and develop workshops and discussions with the community. Their findings and work will be presented as an exhibition from 20th February until 25th February 2024, at *Motcombe Pool Caretaker's House*.

Florence Wright will embark on a period of research and experimentation; drawing upon the house itself as the subject, with specific attention to objects, memories & histories from within. Wright is inviting members of the public into the space to share their memories in facilitated creative workshops. The work

will be informed by the nature of the research as it progresses, developing from conversation into writing, collage, and painting.

20th Jan – 25th Feb 2024

All *Eastbourne ALIVE* associated events are listed here: townereastbourne.org.uk/whats-on/eastbourne-alive

@flo_wrightart

**Motcombe Pool Caretaker's House
9 Motcombe Road
Eastbourne BN21 1PU**

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** themakersdirectory.co.uk

FEATURED ARTIST Christina Frewing

I graduated from Ravensbourne in 1978, that summer I moved into my first pottery studio. It was a lean-to building backing onto an equally old Victorian wooden framed greenhouse. One thousand sq feet which included an old pig sty with a concrete floor...this became the kiln room. And this is where my passion for clay found its independence.

Fast forward 46yrs. I am still passionate about clay, I use mostly porcelain now which is the language of creativity that I choose to use. It's a demanding and challenging medium, it's also beautiful, tactile

and colours are illuminated on the pure white body. I have the utmost respect for it.

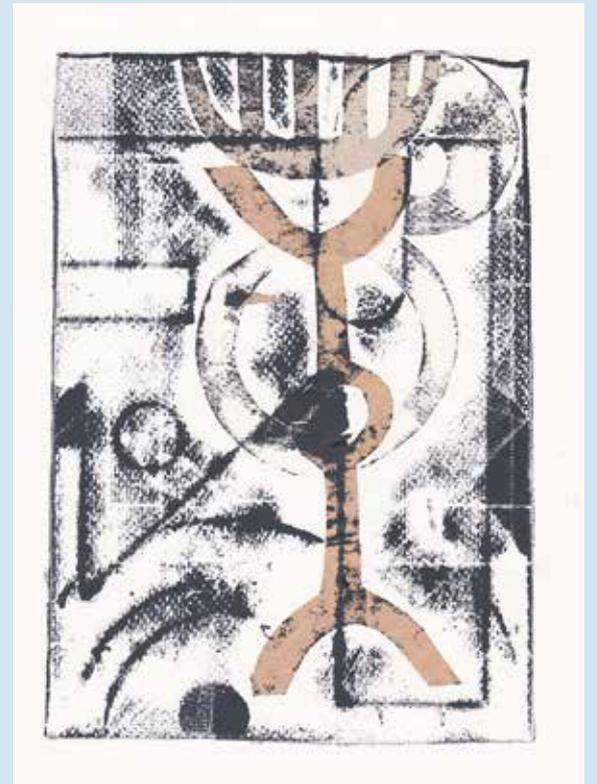
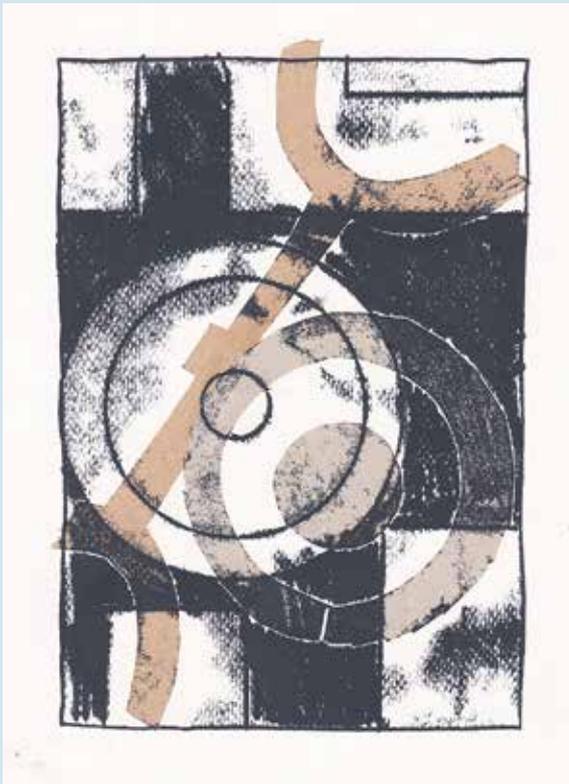
I make individual and limited edition pieces which I find both challenging and rewarding. I am enjoying questioning what I have learnt as a student and what I practiced as a maker. I enjoy challenging the processes of making each piece in relation to its function and how to highlight the quality of porcelain in new ways. I delight in creating texture and creating shadows. I enjoy the challenge of making unique pieces which have an interesting texture that makes the user more mindful of the nuances of everyday items and their purpose. My aim is to share this beautiful connection with porcelain. Ideas evolve quickly, which tests my skills and ability and in turn allows me to be more expressive.



Visitors are welcome to my studio by appointment where I am happy to talk about my methods.

www.themakersdirectory.co.uk/directory/christina-frewing

christinafrewing@yahoo.co.uk
@christinafrewing



‘worlds within...’

ARTISTS Paul Bartholomew, Paul Crocker and Steve Johnston
 have been building up and sharing a printmaking studio for a number of years now.

Although their work is radically different from each other, this dialogue has allowed them to push their explorations of print; including etching, embossing, block type, collagraphs, relief, monotype and digital print... examples of all will be available to view at their show ‘worlds within...’ at the **Emma Mason Gallery** which opens to the public on **Saturday 24th February**.

By **Gail McKay**

Paul Bartholomew comes from a rigorous art historical painterly and abstract tradition where concerns of colour, mass and form are to the fore.

Paul Crocker’s background has been in the graphic arts, although his current explorations reverberate around notions of light and surface,

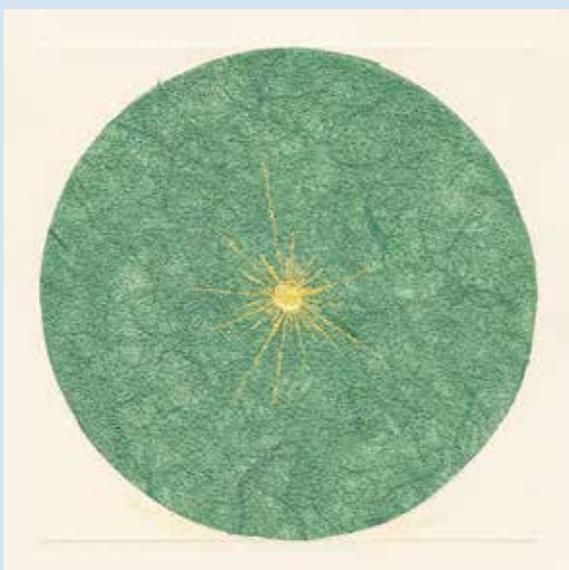
and an interest in how geometry supports structure and meaning.

Steve Johnston’s work is a “constant struggle” to glean through secular, religious and esoteric narratives how stories through their universality of image have at heart a revealed truth.

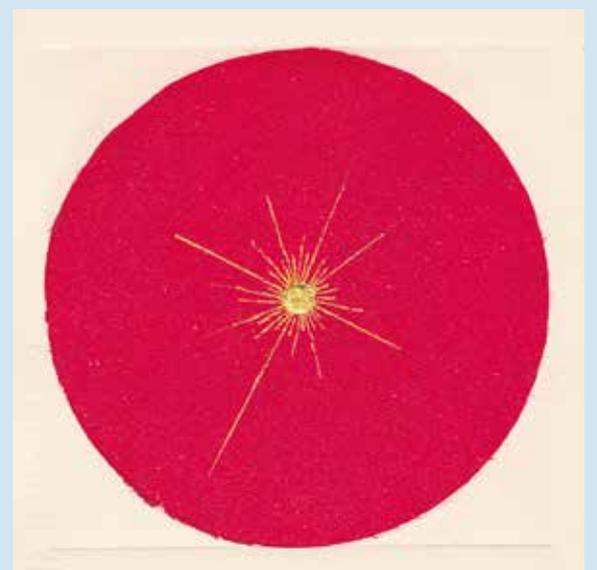
The artists will be in attendance and will be available to talk to throughout the show.

Showing:
24th Feb – 3rd Mar 2024
Open:
Thursday - Sunday
10:00 – 16:00

Emma Mason Gallery
21 Lushington Lane, Eastbourne
East Sussex BN21 4LJ



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 Our
 conversations
 are a place of
 dialogue...
 not dismissal.”



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Green and pleasant

IT'S February already! With any luck we should begin to see the signs of the approaching spring, with bulbs appearing and some wildlife waking up as light levels and temperatures steadily begin to increase. If it's too cold and damp, well maybe there's plenty to do indoors this month too, to prepare for the season ahead. Outdoors, as the garden comes to life again, it's time to prune shrubs and climbers, such as Wisteria as well as evergreen hedges. February feels like a turning point in the garden and the days are getting longer at last. This month's garden jobs are mostly about getting things ready for the spring. But there are also some early sowing and growing tasks to do, if you want to get a head start.

By **Geoff Stonebanks**

For those of us that like to visit gardens through the year then, thankfully, the *National Garden Scheme* has gardens opening this month with lots of beautiful snowdrops to show off. Do please note that *5 Whitemans Close in Cuckfield*, is advertised to open in the *Sussex* booklet, but sadly, it has had to cancel all its 2024 openings for medical reasons. There are lots of other gardens that are open too, providing great walks with your four-legged friends.

The garden at Driftwood

A plant that looks really spectacular in my garden through the winter is miscanthus. They are really reliable grasses that provide interest over a long period. Mine produce fountains of foliage in early summer and bear plumes of white or pink flowers in late summer, then as shown, in the depths of winter these bleach into shades of a pretty biscuity brown. I have a couple of clumps in the beach garden at the front of the house and several in the back garden too.

Flowering profusely in the back porch are several of my aeoniums, they are all on rather large plants so once flowered, I will probably cut the stem back and wait for new growth of the summer.

It all seems to be the yellows that are drawing attention to themselves at the moment. The beautiful flowers on the hellebore argutifolius are just coming into their own too. I have two rather large patches of them in the beach garden close to the old rowing boat! Certainly, not a plant you'd necessarily expect to see growing in an exposed beach garden, but that said they have been there over 10 years now and look magnificent through the winter months.

I've recently spent some time tidying up the ferns growing behind the corten steel wall. The recent winds had badly damaged them and they had become very brown. It's quite nice to see the steel wall again from the house, but it won't be long before the new fronds start to appear again.

Snowdrop openings with the National Garden Scheme

A regular favourite snowdrop garden in Sussex is *Pembury House* in Clayton, near Ditchling. This year it has seven open days in February, the 8th, 9th, 15th, 16th, 22nd, 23rd and 29th. Its opening times are 10:30am – 3:30pm on each of those dates BUT pre-booking is essential, visit www.ngs.org.uk for more information & booking details. Timed slots will be available between 10:30am & 2pm with home-made teas included in the price of £11 with children free. Depending on the vagaries of the season the snowdrops will be at their best. It is a country garden, tidy but not manicured with new work always going on. Winding paths give a choice of walks through three acres of garden, which is in and enjoys views of the *South Downs*

National Park. Please wear suitable footwear, macs and winter woollies advised. There will be plants for sale and owners would ideally prefer cash.

Other Sussex snowdrop gardens can be found at *The Old Vicarage* in Washington on four dates, the 8th, 15th, 22nd and 29th, which opens 10am to 5pm each day but with pre-booking essential.

The Manor of Dean in Tillington near Petworth opens on the 18th of the month between 2 and 4pm and *Highdown Gardens* in Goring by Sea on the 15th of the month will full details at www.ngs.org.uk

Wildlife in Winter

Winter can be a difficult time for wildlife. When the temperatures finally plummet and food becomes difficult to find, insect-eating birds turn to alternative foods, some species travel far and wide, and foraging behaviour adapts, but we can lend a helping hand by providing a welcome source of extra food for birds to turn to in leaner times. The *RSPB* says, when buying bird food, try to get a good mix of peanuts, seeds and live food like mealworms and waxworms. Fruit, especially bruised apples and pears, will be popular with thrushes and Blackbirds. Household scraps like pastry, cooked rice and breadcrumbs should only be offered in small amounts occasionally.

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.



OPEN EVENTS

RETURN FOR 2024!

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Thursday 7th March

EASTBOURNE

Thursday 14th March

LEWES

Thursday 21st March

NEWHAVEN

Tuesday 26th March

4:30PM - 7PM

Last admission 6:30PM



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