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Celebrating women's achievements and raising awareness about discrimination.

03/24

Issue 045
March 2024

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Bournefree

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Our next edition will be distributed from March 28th. Make sure you are a part of it.

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Out and about in the local community

EVERY month is busy at *Bournefree* – and that's just how we like it!

By **Peter Lindsey**

This month, we turn the spotlight onto Successful Women. March 8th is *International Women's Day*, and what better time to chat to the likes of Nic Gray from *Nic Gray PA* and Mina O'Brien from *Ditzy Media* among others.

Our Sales and Marketing Manager Gail has also been out and about in Meads for the start of our village/parade features. There's more of these to come in the months.

For me, I've been out and about, including meeting Neil Kirby for the first time. He's the owner of *The Langham Hotel* with some great stories to tell. In October, he will be attempting his second World Record, and he's also in the process of writing his second book. Plus he

works at least 90 hours each week in his lovely and very popular hotel.

St Thomas a Becket School in Eastbourne has an excellent reputation, and this year is celebrating its Golden Jubilee. I met Kelly-Marie, one of many very engaged parents at the school, and they want our help locating two time capsules.

On the website and social media front, there have been some particularly popular stories:

- Paying to park in Eastbourne by app and not cash
- Huge debate about how Eastbourne can be improved
- Pleas to clean up our seafront
- Controversial changes to paediatric care at the DGH.

And that's just a few. Our website can be found here:

www.bournefreelive.co.uk
 And our Facebook reach alone

continues to be in the region of a quarter of million people each 28 days.

Looking ahead, Easter will be with us at the end of the month, and that means the reopening of *Sharnfold Farm* at Stone Cross.

A community campaign worth supporting is that of Craig Wells at the *Old Town CIC*. There is currently a £20,000 fundraiser to support 'redevelopment costs and initial operation of the cafe facilities' at Old Town recreation ground.

Easter also means – hopefully – better weather and for many is the start of the tourist season. We look forward to the cleaning up of the Fort Fun site and also the redevelopment of the Pavilion cafe and bar on our seafront. Both will be welcome boosts.

Gail and I have been busy with Videos as well online – so if you want to be featured, then please contact Harry, Gail or myself.

Have a great March!

Bournefree

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

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



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CAN YOU SOLVE ELMER'S PUZZLE?

Find the letter hiding on each of the plaques on the Elmer sculptures.
Write them down, then unscramble them to make a phrase...

1	2	3	4	5	6
7	8	9	10	11	12

I think the answer is...

Name:

Parent/Guardian email:

Postcode:

Return the correct answer to the Welcome Building and receive a prize!

1 Elmer the Patchwork Elephant

Created by David McKee
Near to Bankers Corner
Hosted by Lightning Fibre

2 Lily

Created by Donna Newman -
Eden Designs Murals
Inside The Beacon
Hosted by Brufords

3 Tennisphant Elmer

Created by Wild in Art
Near to Maybugs
Hosted by Eastbourne
Borough Market

4 Polka Dot

Created by MrASingh
Near to Qualisea
Hosted by PRG Marketing
Communications

5 Slunce a Mesic (Sun & Moon)

Created by Adam Pekar - Inkversion
Opposite The Belgian Café

6 Towner Elmer

Created by Jessica Perrin
Near to Towner Gallery
Hosted by Eastbourne Alive

8 Turner's Sunset

Created by Glen Brooks
at Studio Glen
Near to Hyde Gardens
Hosted by Chatfields Jewellers

7 Floating in the Now

Created by Kelly Ma
Near to Memorial Roundabout
Hosted by Pomodorro Mozzarella

9 Faces of Basquiat

Created by Jenny Leonard
Near to Urban Ground
Hosted by The Eagle

10 The Polymath

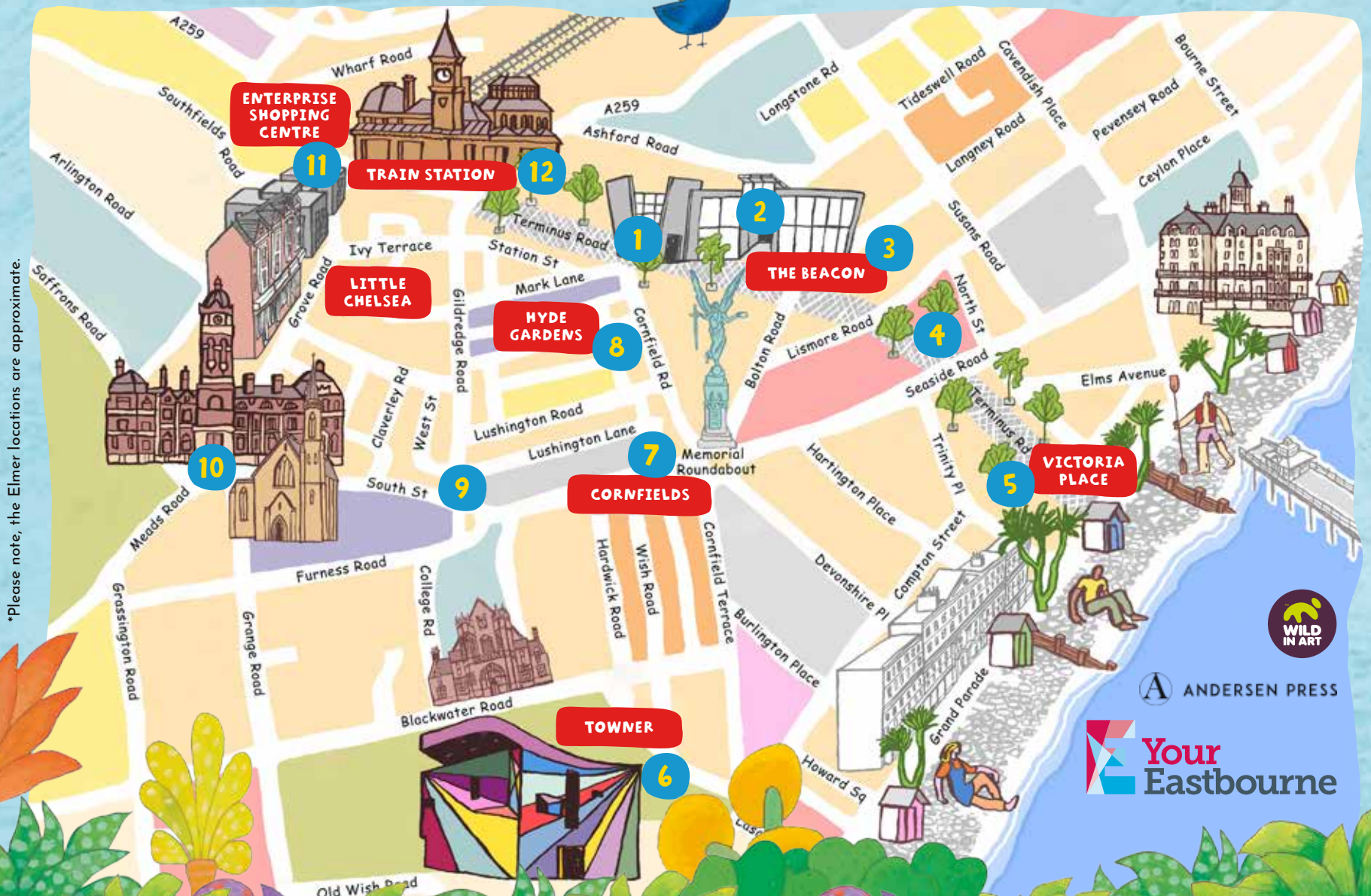
Created by Jane Mota
Near to the Town Hall
Hosted by Visit Eastbourne

11 Maestro Morris

Created by Gayani Ariyaratne
Outside Enterprise
Shopping Centre

12 Frida-phand

Created by Caroline Daly
Inside the Train Station
Hosted by Eastbourne unLtd
Chamber of Commerce



Please note, the Elmer locations are approximate.



ANDERSEN PRESS

Your Eastbourne

Popular Priory reopens

MICHELHAM Priory House and Gardens has reopened from March 1st – and is currently open from Thursday to Sunday.

By **Peter Lindsey**

The Priory, at Upper Dicker, Hailsham, is incredibly popular with both locals and visitors from further afield.

The site is steeped in history. During Tudor times, it suffered destruction caused by the dissolution of the

monasteries, and in World War Two it was home to evacuees and the Canadian Army.

There are fascinating displays of furniture and artefacts, set in rooms reflecting different periods of Michelham Priory's rich history.



These include an historic kitchen and the World War Two evacuees' bedroom. Children will enjoy the hands-on activities and outfits to try on.

Beautiful grounds

Outdoors, there are seven acres of beautiful grounds and buildings to explore including a great barn; medieval gatehouse; and the kitchen, physic and medieval herb gardens.

There is also an in-site cafe, run by *The Bean Bike Cafe*, or visitors are welcome to bring a picnic to enjoy.

Take a walk around the moat, feed the resident ducks, explore the sculptures in the grounds and let off steam at the children's play area.

Go to: www.sussexpast.co.uk/attraction/michelham-priory

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Rob and Emmy abseil for charity

EASTBOURNE-based Full Fibre ISP *Lightning Fibre* has supported *Rockinghorse Children's Charity* since 2023.

By **Peter Lindsey**

Now Sales and Marketing Director Rob Reaks and Marketing Assistant Emmy Pollard 'abseiled' 138 metres down the iconic *Brighton i360* observation tower to raise money for the Sussex-based children's charity.

Community and sustainability

Built as a vertical pier to honour the memorial of the iconic Brighton landmark, *The West Pier*, Brighton *i360* was built on the foundations of community and sustainability with the mission to offer visitors a completely unique experience.



Amanda Hetherington and Rob Reaks.

Photo Jim Carey Photography.

Drop 360 is Brighton's most exhilarating thrill. Lean back and put all your trust in the rope as you hang off the side of the *i360* pod and slowly make your way down to the beachfront below, for a heart-stopping adrenaline rush.

Improving lives


Rockinghorse Children's Charity was set up in 1967 by Dr Trevor Mann as the official fundraising arm of the *Royal Alexandra Children's Hospital* in Brighton. The charity raises money to provide life-saving medical

equipment and additional services with the aim of improving the lives of sick children throughout Sussex.

Rob Reaks presented a cheque for £1,311 to Amanda Hetherington Senior Corporate Engagement Manager.

Money was raised through sponsorship and from guests at the *Big Business Breakfast Club* in January, which was sponsored by *Lightning Fibre*.

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Where are the school's capsules?



ST Thomas a Becket Catholic Primary School is celebrating its Golden Jubilee – and now it wants to unravel a mystery or two!

By **Peter Lindsey**

The school – on Tutts Barn Lane – is staging a series of celebratory events during the 2023-24 school year in partnership with its PTFA, which is a registered charity.

The PTFA would like to connect with former staff and pupils who may be able to help.

Kelly-Marie Goldsmith, co-chair of the PTFA, said: "St Thomas a Becket is a wonderful caring school, and I feel blessed that my children go here and also that I get to be involved."

We know that in the last 50 years two time capsules have been placed somewhere in the school, but we have no clue where they are buried.

"This would be the golden opportunity to find out, hence this appeal to

people who have been connected with the school in the past.

"Nobody knows where they are, and we would love to find out exactly where they were placed, and indeed when."

St Thomas a Becket PTFA is well known for its annual Fireworks Display, which always proves to be a popular fundraiser whatever the weather.

The display in 2023 was its biggest yet to celebrate the school's golden jubilee.

The PTFA is currently organising a wonderful retro event with for

ex-pupils and staff on May 11th to celebrate the 50 years.

And this year's Summer Fair on July 6th will have a *Through the Ages* theme.

Kelly said: "The school has around 440 pupils and it's a coastal and very diverse and inclusive school. It serves the local community extremely well."

Where are the time capsules? If you can help or would like more details about the events please contact:

<https://www.facebook.com/stthomasabecketprimary>

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The BIG Futures Show 2024

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

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 cash or free for job-seekers inclusive of show guide.

Exhibitor stand spaces are still available to book.

www.bigfuturesshow.org.uk

hello@bigfuturesshow.org.uk

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By **Tim Sorensen**

The show 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.

80+ 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.

As well as our partner sponsors, organisations booked to attend include; *Zoonou Ltd, Partners 4 Training, Viking*

Pump Hygienic, The People Matter Trust, Dominic Hill Associates, British Army, Southern IT Networks, OHM Energy and Chalk Eastbourne. The full list of exhibitors and floorplan will be included in the April edition of *Bournefree*.

A dedicated job-seekers area, sponsored by *Recruitment South East*, will be promoting current job and training opportunities for those seeking a more immediate opportunity.

50 shots in 50 minutes

PRG and 4GOLF Tee Up for 50:50 Nearest the Pin Challenge for Charity.

By **Peter Lindsey**

PRG Marketing Communications and 4GOLF will be swinging into action to support the St Wilfrid's Hospice 50:50 Challenge.

PRG's amateur golfer Ashley Chapman and 4GOLF's resident pro golfer Mark Packard will be taking on a 50-ball challenge using 4GOLF's state-of-the-art golf simulators.

Both golfers will have 50 minutes to hit 50 shots into the green on

the iconic par-3, 7th hole at *Pebble Beach* golf course.

They will aim to record the lowest possible total distance from the hole after 50 shots.

Guess the distance

PRG and 4GOLF are attempting to turn £50 into as much money as possible for the hospice by inviting people to guess the total distance at the end of the challenge.



Each guess will be a donation of £5, and the person with the correct guess at the end of the challenge will win a £50 cash prize.

There are two ways to support the challenge. PRG has created a dedicated web page for donations to Ashley's challenge, while 4GOLF has created a *JustGiving* page.

People donating to the challenge are being encouraged to join the fun and

support the golfers on the evening, March 21st. Doors open at 5:30pm and the challenge will get underway at 6pm. There will be drinks and delicious burgers available to buy, as well as a nearest-the-pin challenge on the same par-3 hole for supporters to take part in. There will be a prize for the person who hits the nearest shot at the end of the night. Proceeds from this challenge will also go to the charity.

Visit: www.prg5050.co.uk



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SDLT shortlisted for MAT excellence awards



SOUTH Downs Learning Trust, currently both Ratton School and Ocklynge Junior School, have been shortlisted for the prestigious 'Community Trust of the Year' award at this year's national MAT Excellence Awards.

By **Lucie Hamblin**, SDLT

Stakeholders are immensely proud to be considered for this award, as they stand tall with other large nationwide trusts in recognition of their achievements and continued work within their Eastbourne community.

Mr Paul Murphy, Executive Headteacher at *South Downs*

Learning Trust, has said "we may currently be a smaller trust, but we are mighty in our intentions, and to be acknowledged and shortlisted after such rigorous selection criteria is a great achievement in itself. We are, of course, exceptionally proud of our staff, our learners and their families and the continued support from our wider, professional community. It is their continued efforts, support and strengthened opportunities that make us who we are, and always with the young

people of East Sussex in mind. This recognition further embeds our culture and mission, allowing us to continue to #AchieveSuccessTogether with our learners and community at our trust's core."

Being shortlisted for the 'Community Trust of the Year' award is a significant achievement that recognises *South Downs Learning Trust's* commitment to serving their community and making a positive impact. It signifies that their efforts, initiatives,

and contributions have been acknowledged and appreciated by external evaluators, all of whom are experts within the educational field. This recognition acknowledges their reputation both locally and further afield, highlighting their valuable work in fostering a strong sense of community and social responsibility.

A great achievement for a local, East Sussex trust, with two Eastbourne schools at their heart. Good luck to *South Downs Learning Trust* as they embark on this exciting journey towards the award ceremony in June.

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Carbon neutrality by the year 2030

JANUARY saw Eastbourne Bangladeshi Community meet at Victoria Baptist Church.

By **Gail McKay**

The meeting, organised by Mr. Mozmil Hussain served as a catalyst for future endeavours aimed at achieving carbon neutrality in Eastbourne by the year 2030.

It was very well attended and distinguished members of the Bangladeshi community came alongside local dignitaries, including a representative from *UNA Eastbourne*.

Feedback received from participants was overwhelmingly positive.

The event effectively addressed all agenda items with a pronounced

emphasis on environmental consciousness.

Notably, the Eastbourne Bangladeshi community demonstrated commendable commitment by eschewing the use of plastic products instead using E-banners, and E-invites, while caterers sourced local ingredients for the culinary offerings. Attendees opted to walk to the venue instead of driving, thereby contributing to the reduction of pollution and fostering healthier habits among residents.

It is hoped that the exemplary actions taken by the Bangladeshi community will serve as inspiration for others, propelling Eastbourne towards the ambitious goal of achieving carbon neutrality by 2030.

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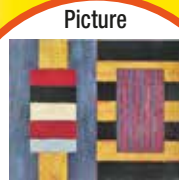


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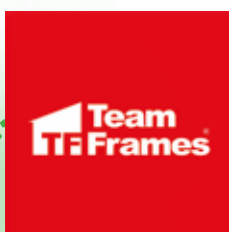
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Charities benefit from Winter Ball

FOCUS Foundation delivered yet another incredible night of glitz and glamour at its latest Winter Ball, raising £131,708 for Sussex-based charities.

By **Peter Lindsey**

Two are local: Children with Cancer Fund, based at The Triangle, Willingdon and You Raise Me Up, based in both Hampden Park and Polegate.

The black-tie event attracted 450 people from local businesses and charities in support of its mission

to connect communities to make a positive and lasting difference to people's lives.

Focus Foundation's core funding is directed at charities that support one of its three core pillars: underprivileged children and young people, mental health initiatives and community projects.

Half of the proceeds from the Winter Ball have been ringfenced for local

charities, Children With Cancer Fund, You Raise Me Up, Brighton Table Tennis Club, Kangaroos Mid-Sussex and Brighton Therapy Centre, with the other 50% being distributed to other qualifying charities and projects in the county.

Chris Goodman, Co-Founder and Trustee of Focus Foundation, said: "We have been blown away by everyone who has played a part in making our Winter Ball this year such a success. These funds will have a huge impact on our charity beneficiaries and will allow us to continue making a positive and lasting difference to the people and communities they support."



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Image: James Ratchford.

Eastbourne Walking Weekend

ENJOY the great outdoors with New Walking Weekend in Eastbourne.

By **Peter Lindsey**

A brand-new event will take place in Eastbourne this spring encouraging people to put their best feet forward and explore the great outdoors.

The Walking Weekend takes place on Saturday and Sunday 4th–5th May and kicks off *National Walking Month*, which promotes the benefits of walking for physical health, mental well-being, and enjoying the fresh air outdoors.

The weekend event also acts as a springboard to the Walking Festival in September when Eastbourne hosts a nine-day celebration of the great outdoors with free guide-led walks in the town, the surrounding areas and the South Downs.

The Walking Weekend is designed to attract new and active visitors to the town looking to spend some time away trying out walks they haven't been on before as well as those looking for a more sustainable and green holiday.

All walks are free and the details will be announced in the Spring.

They will include longer and more challenging walks for keen ramblers with experienced guides, exploring the *South Downs National Park* and Sussex countryside.

Organisers are now working with the local walk leader community to organise walks, and experienced leaders who would like to curate a walk can get in touch at **WalkFest@lewes-eastbourne.gov.uk**

The Eastbourne Walking Weekend takes place from 4th–5th May and the *Eastbourne Walking Festival* returns from 7th–15th Sept, with a wide range of walks from challenging hikes to town trails and heritage tours.

For more information and to sign up to the newsletter visit **eastbournewalkingfestival.com** or follow *Eastbourne Walking Festival* on Facebook, X and Instagram for updates.



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Successful badminton fundraiser

ON Sunday 11th February 2024, *Badminton4you* raised money for *Muscular Dystrophy UK*.

By **Peter Lindsey**

The Eastbourne *Badminton4you* Group held a fundraising event to help raise awareness towards muscle wasting conditions such as Becker Muscular Dystrophy which one of their very own, Daniel Thomas, suffers from.

The event ran from 9am–1pm featuring badminton games and a raffle to finish the day off.

On the day of the event over 30 people turned up to support the cause and on behalf of Daniel and *Badminton4you* we would like to say a big thank you to everybody that donated and those who took part on the day.

Badminton4you raised over £600 for *Muscular Dystrophy UK*. Additional money was also raised to go



towards some specialised disability equipment for Daniel.

If you are interested in playing badminton contact Sean Newberry via email at:

seannewberry@btinternet.com

Address:

Shinewater Sports Centre, Milfoil Drive, Eastbourne BN23 8ED

For information on *Muscular Dystrophy UK* visit:

www.muscardystrophyuk.org



Poppy Appeal thank you

THE Eastbourne branch of the *Royal British Legion* has hosted a reception at *The Fairway Restaurant* on Lottbridge Drove.

By **Lisa Cosham**

It was to thank all of the volunteers and cadets who gave three weeks of their time working in shops and malls, and on the streets in all weathers, to raise funds for the *Poppy Appeal*.

Overall, around 40 people were involved in raising money for the cause.

A special thanks was given to Daphne Geninazza for her weeks of work not only collecting, but behind the scenes on the admin of the appeal for some six weeks.

A small gift was also given to Jane Constantinou for her unwavering time at the *Beacon Centre*, which



continues to be greatly appreciated by everyone.

To date, some £98,000 has been raised! The total will continue to rise as funds will be ongoing until October 2024, when the current appeal closes and the new one begins.

The Eastbourne branch would like to thank everyone who donated to such a worthy and important cause, supporting veterans and their families

with hardship grants medical needs, providing respite and care homes, and sponsoring the *Invictus Games* and much more.

Volunteers are always needed, and you do not have to be a member of the *RBL* to volunteer. If you would like to help, please do get in touch with the *Eastbourne RBL* on **01323 417625** or **eastbourne.secretery@rblcommunity**

Eastbourne Seniors Forum

ESF is an independent voluntary organisation available free to all over 60s living or working in Eastbourne and the surrounding areas.

By **Gill Morris**, ESF

Our aim is to provide a strong collective voice that will be heard by those responsible for provision and planning of services locally, regionally and nationally, providing a strong independent, collective voice for the over 60s in Eastbourne.

Open meetings

We hold several open meetings a year to hear speakers from various organisations such as Dementia, organisations which help with vision and hearing impairment and Community First Responders.

Just Friends

Our next speaker is on Thursday 21st March at 2pm and will be Frederick Smith from *Just Friends*.



The meetings take place at:

St Saviours Church Hall, South Street, Eastbourne BN21 4PA

We also publish three newsletters a year free to all members.

Membership is free. To join click on the link on our web page www.eastbourne-seniors-forum.org

email esfmembership@gmail.com or telephone **01323 722256**

Visit our Facebook page:

facebook.com/ESF-membership

We are looking for volunteers to join our Committee. If you would be able to spare a little time to help out as a new committee member, please let us know as soon as possible. If you are interested, please contact:

gill.morris518@btinternet.com for more information.



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

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For timetables and other information about us, visit:
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Neil's record attempt

IN October, Neil Kirby – owner of *The Langham Hotel* on Eastbourne seafront – will make his second World Record attempt.

By **Peter Lindsey**

He's aiming to run 50km – that's just over 31 miles – on a treadmill. If he succeeds, he will be the first Over-70 to do so.

His first World Record success was two years ago when he ran a marathon on a treadmill in four hours 26 minutes – again a record for his age group.

Neil, now 72, is one remarkable man, and it's clear he enjoys life. He and wife Wendy both work 90 hours each week at the popular and successful hotel, which they bought in 2005.

Prior to that, he had worked at the *Grosvenor House Park Lane* for 28 years, working his way up from washer-up to General manager.

A £3million investment has seen massive improvements at the four-star hotel.

He said: "I am very hands-on and I like to talk to my guests, sharing ideas with them. Customer service is key to our success so too is how we treat

and value our staff. It's also important to reinvest some of the profit but that's not always possible.

"We both love Eastbourne – that's why we have invested heavily. We have the wonderful sea views, the harbour, great theatres, *The Beacon*, and it's lovely watching walkers and runners on our seafront.

"We have three Lunch Clubs each month at *The Langham*. We've been running them for 16 years and they are a great success.

"We have different speakers – Diddy David Hamilton is coming soon to talk about his career. It's a lovely, supportive community feel.

"We are family-run and we have 60 staff, nine chefs. Back in 1885, it was nine houses and we have retained that Victorian feel with a twist of modernness.

"Year on year, I would say we are about four per cent up on last year in terms of guests – I will settle for that in what are difficult times.

"Most of our guests come from within a 50-mile radius, including London and Essex, and I enjoy the fact that we have 55 chairs on our terrace. That's just great. The age range is 60–85.

"Good food and beverages, and cleanliness are so important. Oh, and get on with your neighbours!"

Back to the fundraising, and Neil wants to raise £15,000 with his *Running for Dementia Walk* run on October 12th.

That would make his total fundraising over the years to an incredible £400,000.

Running for Dementia is the charity set up by the world-famous Jackie Stewart when his wife was diagnosed with dementia. Neil knows the couple well.

He's run the *London Marathon* 19 times, he's run 51 marathons in total and 218 half-marathons. Neil runs three times a week.

He's also busy writing his second book, *'Do Not Disturb'* available on 1st June.

His first – *Celebrity Hotel* – published in 2010 was a big success.

To sponsor Neil, please go to: www.justgiving.com and search for 'Neil Kirby Snr Race Against Dementia'.

Explore Bates Green

THIS year's *Arlington Bluebell Walk and Farm Trail* starts on April 10th – but there's an early opportunity to visit the wonderful site.

By **Peter Lindsey**

***Bates Green Garden* – on the same site at *Arlington* – is now open every Wednesday from 10am until 4pm.**

It gives you the chance to explore *Beatons Wood* before the bluebells and anemones appear.

You can also see the magnificent display of daffodils leading to the wood. It really is an amazing area.

Bates Green Garden was designed and planted by the late Carolyn McCutchan over a period of many years from 1968.

It is most easily described as an English Garden planted in a naturalistic style.

Carolyn became unwell in 2012 and subsequently many parts of the garden became wild and neglected.

The Garden has now been restored, replenished and revitalized by Head Gardener Emma Reece who leads the enthusiastic Garden Team.

Carolyn's husband John said: "This is an early opportunity before the start of the *Bluebell Walk* to pay us a visit. Please come along, you will of course receive a very warm welcome."

www.batesgreengarden.co.uk



Elmer visits Eastbourne

Elmer the Patchwork Elephant has marched into Eastbourne town centre with 11 of his friends in an art parade funded by Your Eastbourne BID.

For 35 years, Elmer has been a symbol of individuality, friendship, and the celebration of diversity.

The Elmers have been placed in prominent locations throughout the town centre, and already, children, adults and visitors have fallen in love with each individual sculpture.

Join us from 10th February - 14th April to celebrate his 35th birthday with 12 stunningly decorated Elmer sculptures, each one inspired by world-renowned artists and two designs unique to Eastbourne. Get ready for a fun-filled art trail!

Collect your maps at the Welcome Building, Waterstones, Eastbourne Library or visit www.elmerineastbourne.co.uk to download your copy and find all 12!

Vote BID

Consultations have taken place with businesses across the town to discuss the priorities for the next five years of Your Eastbourne BID – should the ballot be successful in June this year.

Stephen Holt, BID CEO said "My thanks to the many businesses who have responded online, in person and who have taken the time to meet with us. We know how important the town centre is for businesses, residents and visitors, and we are determined to build on the successes of the last four years."

"Since 2019, the BID has invested in new activities, funded our Christmas offering, installed evening lighting, bunting, signage and employed ambassadors to assist with tackling anti-social behaviour. This activity would not happen without a BID, but it's really important we continue to respond to the changing needs of the town centre."

We are currently writing the Business Plan for the next five years, but want to hear your thoughts – so if you'd like to meet to discuss the BID – then please do get in touch – info@youreastbournebid.com

Blooming Lovely!

Working in partnership with businesses across the town centre, Your Eastbourne BID have funded over 50 planters.

The wooden planters have been located in areas such as Langney Road, Cornfield Road and Terrace, Victoria Place, Little Chelsea and Hyde Gardens. The BID fund the cost of the high-quality wooden planter, along with the initial planting out – and businesses then adopt them until the Summer when they are used for the popular pop-up park.

Luke Johnson, pictured at the new planters in Hyde Gardens said "We are really grateful to those businesses who are looking after the planters. The displays really brighten up the town and have been really positively received. If you are a business in the BID area and would like to adopt a planter – do get in touch". info@youreastbournebid.com



Comprehensive refurbishment at Anytime Fitness Eastbourne

Anytime Fitness, Eastbourne has undergone a substantial refurbishment increasing its fitness offering to the local community.

The gym, located on Langney Road that originally opened in September 2017, has very recently enjoyed a significant investment to adopt the new brand design being rolled out across Anytime Fitness' 185+ UK clubs. The new design sees an overhauled interior design, making the gym more spacious and providing additional functional training space, new state-of-the-art cardio, and strength equipment supported by a team that care.

"What people want in a gym has changed since we first opened our doors and we're delighted to be able to give back to our members," said Christopher Marsden, Club Manager of Anytime Fitness Eastbourne. "Having opened the gym over six years ago, it's truly an exciting time for all involved and we're confident that members both current and future will enjoy the positive changes that have been made".

Anytime Fitness Eastbourne is offering FREE three-day passes for anyone wanting to try the gym. Kickstart your health and fitness journey today by calling the Eastbourne Team on 01323 700720 or by visiting our website by scanning the QR code:



Sharnfold is better than ever

ONE of the area’s most popular visitor attractions will be reopening on Easter Friday with exciting changes and half price tickets for the school holiday.

By Peter Lindsey

Sharnfold Farm at Stone Cross closed in November for the winter season but now it’s back and bosses say it’s better than ever.

Prices have also been frozen.

The farm attraction has been revamped and many new areas added. The Farm offers:

- Farmyard animals, including chicken sheep, ducks, goats, and many others
- Adventure playground, including sandpit, mini racers, balance beams and mini golf
- Active Alley, testing your physical activity
- Timber Town, Sharnfold’s woodland village
- Puzzle Patch, word searches and spot the difference
- Enchanted Enclosure
- Go on a giant bug hunt in Critter Corner
- And explore sounds and create your own music in the Sound Station.

Donna Bull from *The Family Parks Group* – which owns *Sharnfold* – said: “We said back in November that we would reopen in the spring, and we are pleased with the huge changes that we have made.

“The break gave us the chance to see how we could make *Sharnfold Farm* even better than it was, and we are chuffed with the result.

“In particular, we are pleased with our newly-renovated cafe and shop. It’s a space that’s not just a shop and cafe but a haven for all things cozy, stylish, and delicious.”

Half-price entrance is available from March 29th until April 14th but you must pre-book.

Farm trail tickets are £6.45pp* when you pre-book: thefamilyparksgroup.co.uk/whats-on



*Booking fees apply. Under 2s go free. Attraction tickets are £7.95 on the gate. Half price offer only applies when pre-booking online.



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Sunday 31st March 2024

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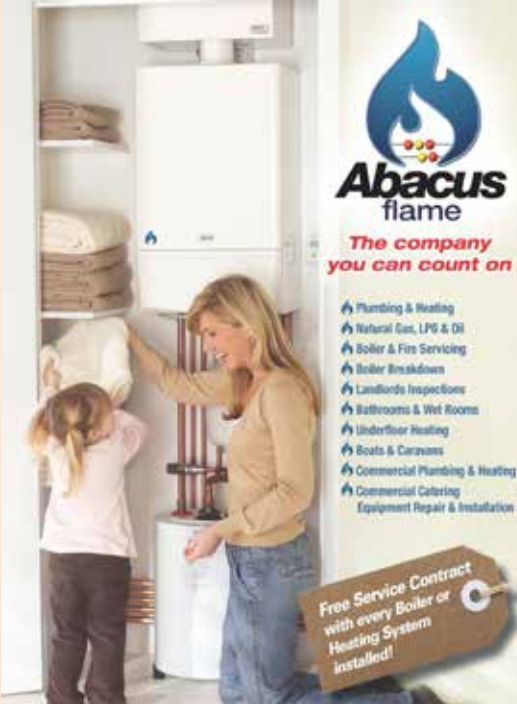
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FREE DISCOVERY MEETING

Much More Than A Florist: Ann's Flowers To Host Unique Workshops This Spring

Local florist, Ann's Flowers and wellbeing practitioner Jane Long are collaborating for a series of workshops, having met through the Chamber Of Commerce.

Ann's Flowers- situated at 20 Framfield Way, Eastbourne is opening their space and facilities in their florist/coffee bar to Jane, who is hosting her skin nourishing café workshops there from February. Surrounded by beautiful flowers and plants, the air filled with the delightful aroma of coffee and baked goods, Ann's Flowers provides the perfect setting for intimate gatherings.

Owner and Head Florist Danielle has worked in floristry for over 22 years and has been part of the Ann's Flowers team for 5 years. Recently, she took over the business, of which, she said:

"I am enjoying developing and growing the business with the addition of a coffee bar, Beans

& Buds, and a growing giftware section in the shop with pieces from independent artists. I have a new, young and enthusiastic team who are helping with the fresh, exciting ventures ahead at Ann's Flowers of Eastbourne".

If you are interested in hiring the space at Ann's Flowers for intimate workshops and events, please get in touch via their website at www.beansbuds.co.uk

Meanwhile, you can learn more about Jane Long at www.janelongwellbeing.com



Jules and Danielle of Ann's Flowers with Jane Long



Skylark To Team Up With Long Man Brewery For Extra Special Dinner

Skylark, on Grove Road, Eastbourne is to collaborate with award winning local brewer, Long Man for a one-off 'Meet The Supplier' dinner.

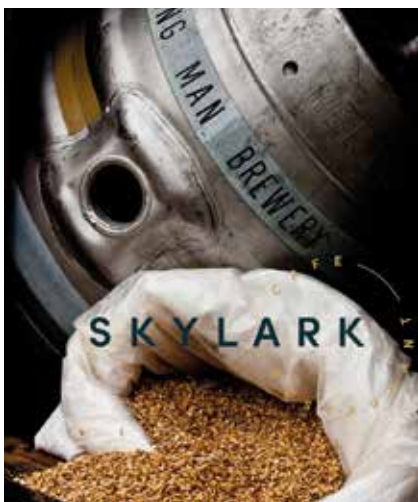
Skylark, which has a passion for working with the best independent local producers for their food and drinks, has created an evening celebrating their partnership with much-loved local brewer, Long Man.

The evening will be hosted by Stephen Perrin, head brewer at Long Man, a brewery in the heart of the South

Downs that puts sustainability centre stage in producing award-winning beers.

The dinner will feature five courses, each especially created for the evening and paired with a beer from Long Man, chosen by Stephen Perrin and Sales Director Tom O'Neill.

The exclusive collaboration takes place on Friday 8th March at 7pm. To book your table, visit www.skylarkeastbourne.co.uk



New members for February

Knockhatch Adventure Park • Top Admin Services & Bookkeeping • Eastbourne Eco Action Network CIC • 4golf • Shell-clad • Airtrace Sheet Metal • OSCAR Pet Food Seaford • Menopause Consultancy • Edkins Millward Property Lawyers • Simmons Energy • Joshua Martin Financial Adviser • Loch Associates Group • On The Sly • Halo Hair & Beauty • Padel4all

‘Gold-dust’ Supplier Find for Local Jewellery Firm Brufords

You know when you have a great working relationship with a supplier, when your new technology just works, plain and simple. On opening a second store in Eastbourne, Brufords were looking at their back office as well as their front of house tech infrastructure to simplify and streamline their printing and administrative processes. And, this is what Brufords discovered when they found Newman Business Solutions.

Ashley Pugh, Managing Director of Brufords stated “Having appointed Newman Business Solutions to look at our printing requirements in August 2023 we have been blown away by their professionalism and

customer service. They carried out a full audit of our requirements and provided a solution which not only simplified our print network but also reduced our costs. We would highly recommend them if you are looking at upgrading or replacing any of your existing systems.”

Newman have over 40 years’ experience in the Print, IT & Telecoms sector and service many clients across Eastbourne and the Southeast. They are passionate about improving customers’ processes, through the implementation of the ‘best fit’ workplace technology and helping them not only to work a better way but to save money at the same time.



If your business could benefit from a print or IT audit, or you would like to find out more about Newman Business Solutions visit their website www.newmanbs.co.uk or call Helen Moss, part of their approachable account management team, on 01892 664155.

Eastbourne Chamber Golf Day Is Back This May!!



This year’s Chamber Charity Golf Day will take place on 17th May. Enquiries are now open for tickets and sponsorship.

Eastbourne Chamber of Commerce has announced the date for this year’s Chamber Charity Golf Day.

The event - one of the most popular in the Chamber Calendar is to take place this year on Friday 17th May at the Royal Eastbourne Golf Club.

This year’s Golf Day is sponsored by Group 1 BMW & MINI.

Club Class Insurance and FJN Growth Solutions are sponsoring the Hole-in-One competition.

There will be prizes for the winning teams, as well as prizes for Longest

Drive, Nearest the Pin in 1 or 2 on various holes and Beat the Pro.

The day will conclude with a three-course dinner and prize giving ceremony, as well as a raffle to raise money for Children with Cancer Fund. The Chamber is now looking for local businesses to sponsor holes, and donate prizes to what promises to be a fantastic - if not entirely serious tournament!!

If you would like to book places on the Charity Golf Day, or discuss prizes and sponsorship, please contact jill@eastbournechamber.co.uk

Join today and reap the rewards!

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

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

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



Magical Meads

AT the centre of Meads is 'The Village', a group of cottages built around a square of central allotments, always a delight whatever time of year.

By **Terrie Rintoul**

In Meads Street you can find two lovely old pubs: *The Ship* and *The Pilot* together with some great restaurants and cafés.

Xing Fu is rated as one of Eastbourne's best Chinese restaurants and *Ancient Grains* is noted for its Sardinian sharing platters. New arrival *Ren's Kitchen* serving breakfast, brunch, breads, and delicious pastries, is already proving hugely popular.

If you fancy a pamper day, there are two beauty salons: *Bliss* and *JNC Aesthetics* plus *Strands Hairdressers* whose owner Sharon was for many years a top stylist at *Vidal Sassoon's* in London.

Famous for its beautifully dressed windows, a visit to *Grand Flowers Gifts* is a must. Across the road you can find *Longleaf Health and Wellbeing* with a range of beautifully chosen products plus therapy rooms and a yoga studio.

Easily accessible by both car and bus, minutes from the seafront, and away from the hustle and bustle of the town centre, Meads is the perfect place to visit.

Your chance to help save the Parish Hall

Owned by St John's Church, the Parish Hall has stood on the corner of Meads Street and Beachy Head Road for almost 100 years. When St John's was bombed in May 1942 the hall served as the parish church until 1957 and over the years it has

been the venue for every kind of community event.

In November 2022 residents were called to a meeting when the announcement was made that the Church wanted to dispose of the Parish Hall. A straw poll was called for which resulted in a virtually unanimous vote in favour of the hall remaining as a community centre.

A project team of volunteers was formed and an investigation into the condition of the hall revealed an extensive amount of dilapidation and, after a gas leak last November, it was closed for safety reasons. In just a fortnight the project team installed protection against falling timber, and stonework. They also installed carbon monoxide detectors, fire alarms and

emergency lighting, making the hall safe to reopen in January.

CIO

In the meantime, progress was being made on the setting up of the *Meads (Eastbourne) Community Centre Charitable Incorporated Organisation (CIO)*. At its first meeting on 10th February, the CIO announced that it had applied to the *Community Ownership Fund (COF)* for £400,000 to complete the backlog of repairs and update the hall to today's standards which will need to be matched by £100,000 from the community and other sources.

This marks the start of a fundraising campaign not only for pledges towards the matched funding but also for donations to fund professional fees which will be incurred ahead of the COF decision.

Full details on how you can help ensure that the Parish Hall continues its long history of serving the community can be found on the CIO's website:

<https://meadsecc.org>



McGregors – the dream team

IT was an early Monday morning when I met Tracy and her team at their bright and stylish offices on Meads Street.

By **Gail McKay**

The office has a terrific outlook, a prime position to watch village life going about its daily rhythms. While I was there, it was evident that the office and the team are very much a part of the community, with many warm interactions with customers and other business owners dropping in. They are a thoroughly pleasant bunch and enjoyable to spend time with.

Tracy owns *McGregors*, a sales and lettings business in the stunning Downland village of Meads. They look after properties throughout Meads, Alfriston, the Harbour, and as far as Lewes.

Experts

The all-female team are all true experts in their fields. Lisa Manser runs the legal and compliance department, a job that she has perfected over a 25-year career. She enthusiastically demonstrates her passion for the role and

how she stays updated with ever-changing compliance and legislation. Tracy and Lisa first worked together over 25 years ago at a busy Brighton-based office of Countrywide Lettings. They have developed their skills since then and gained unrivaled experience to be real industry experts.

Rhiannon Bohen is the property manager, a role that requires a huge amount of diplomacy and tenacity as well as exceptional organizational skills. She ensures all properties are well maintained and repaired, that contractors arrive promptly for repairs, landlords are kept up to date, and tenants are happy.

Negotiator and property coordinator is Charlotte Neal-Dunkley. Having thoroughly refurbished properties of her own, Charlotte has a thorough knowledge of building work from roofs to cellars. She brings her expert local knowledge of the



Tracy McGregor.

area to the office and performs property inspections to ensure that any building problems are dealt with swiftly.

Tracy oversees the daily operations of the office and through her established network built on years of working with experienced landlords is able to meet the strong demand for quality properties for high-caliber tenants.

Tracy notes how different things are since the pandemic as people aren't expected to work in London daily. Flexible working means that Eastbourne has become a

real option and means they can exchange their two-bedroom flat for a five-bed house and be near some of the country's top schools.

The key is getting a perfect match.

"There needs to be a synergy between landlord and tenant. We are only happy to recommend high-quality tenants as my business' reputation depends on it."

10 years in business

McGregors will be celebrating 10 years in business this year. Tracy and her trusted team will be inviting clients to celebrate this event during the Summer.

There is something a little bit special about this team; it could be their friendship, it could be their community knowledge, meticulous attention to detail, commitment to providing superb service. They are all passionate about creating a positive experience for landlords and tenants. Impressive team.

**48 Meads Street
Eastbourne BN20 7RH**

**01323 561045
info@mcgregorsalesandlettings.co.uk**



Rhiannon Bohen, Charlotte Neal-Dunkley, Lisa Manser and Tracy McGregor.

HART READE Solicitors

hartreade.co.uk 01323 727 321

Meet Faye Harlow-Smith

Faye has a kind and warm approach to private client law. She listens carefully to her clients' requirements and combines good technical knowledge with the ability to explain complicated points of law in a clear and concise manner. A full STEP member (Society of Trust and Estate Practitioners),

she is well practised in helping families plan for their future. Having qualified as a solicitor in 2015, Faye has established herself as a capable and confident lawyer. Her success in private client law is evident by the testimonials Hart Reade regularly receives. ~ *'I was impressed with Faye's very approachable manner and the efficiency with which she worked.'*

I would recommend her to anyone.'
~ *'Very professional and friendly. More than satisfied with the care and attention received.'*
~ *'Faye presented answers to questions in a simple manner which was easy to understand.'*
If you are considering obtaining legal advice on a private client legal matter know that Faye has

**Based at
our Meads
office**

experience dealing with different family dynamics and understands how best to structure advice to meet your needs.

Faye has been at Hart Reade since 2020 but has recently moved office to our Meads location. When asked about the change Faye said, 'I am really looking forward to being part of the Meads

community. I enjoy my area of law because I get to spend a lot of time with clients (at least more so than in other areas.) It is rewarding for me to be able to support my clients during

their time of need. I am the type of solicitor who always makes time to talk with my clients - usually with a cup of tea in hand.'

Faye's hours: Monday, Tuesday, Thursday and Friday 9-5pm.

Faye can assist with: Will Preparation and Advice / Probate and Administration of Estates / Powers of Attorney / Trusts and Tax / Court of Protection Applications (Deputy Orders)

Call for a free 30 minute consultation with Faye or to arrange a home visit.

#InspireInclusion



Bournefree celebrates
International Women's Day.

Threads at Gallery@42

GALLERY@42 once again hosts a wealth of talented artists who have created a rich selection of beautiful art, this month inspired by Women's History Month.

By **Gail McKay**

40 women artists will share their work expressing the most powerful and moving aspects of being a woman. Threads represent their connection to parents, family, people and the world around them.

Mothers

Gallery owner, Pennie Cunliffe-Lister's contribution is *Mother and Child*, a deeply personal painting showing the connection and intimacy of that special relationship.

Women and their mothers is a recurring theme. Vicki Lea-Alex paints her mother absorbed in knitting magazines, as she struggled with mental health and the pressure of three young daughters. Yuqiu Wang's embroidered book "dedicated to both myself and all the girls growing up in the complexities of traumatic mother-daughter relationships."

Mirna Una Majer's 'Funky Grandma' Kumarijee drank Elephant's milk as a baby, grew up to take ten spoons of sugar in her tea, she visited officials across the globe with an old but handy automatic film

camera (including the King... when he was a prince), scolded us about our table manners and left the earth realm on a super-moon.

Health

Women's health is a subject explored here too, Leggy Gordon's portrait conveys her vulnerability and the emotional impact of a double mastectomy. It is also the thread that connects her to her father from whom she inherited the BRCA2 gene.

The Feminine

Femininity is expressed throughout the exhibition, in particular through Heidrun Van Dorfjes mixed media work, which draws inspiration from various sources, such as female mythology and folklore, art history and Mother Nature.

The exhibition is a collaboration of the Artists Pool, a community established to support creativity and promote wellbeing.

www.theartistspool.co.uk

Once again, a fantastic contribution to Eastbourne's cultural landscape.

**42 South Street
Eastbourne BN21 4XB
galleriat42@gmail.com**



Pennie Cunliffe-Lister.



Vicki Lea-Alex.



Heidrun Van Dorfjes.



Mirna Una Majer.



Leggy Gordon.

Artists

Pennie Cunliffe-Lister
Kirsty Taylor
Val Racher
Kamila Szubtarska
Christine Racher
Jemimah Patterson
Georgie Fay
Gillian Smith
Xinyi Yang

Louise Dougherty
Jude Maguire
Carolyn Bonthron
Harinder Sahota
Maggie Deering
Mirna Una Majer
Svetlana Kornilova
Nikki Davidson-Bowman
Gaynor Sadlo
Renee Rilexie

Jane Hicks
Lily Taylor
Maxine Morgan
Stephanie Wright
Amy Heath
Catherine Ade
Sue Smith
Leggy Gordon
Yuqiu Wang
Heidrun Van Dörfjes

Jackie Hulford
Vicki Lea-Alex
Mariola Brzozowska
Deborah Tompsett
Marriane Frank
Rosie Burnes
Olena Andriuchshenko
Heidi Seetzen
Janis Jefferies



Mina's social media success

MINA O'Brien is celebrating 10 years as founder and owner of Social Media agency Ditzzy Media, based at 49 Gildredge Road.

By **Peter Lindsey**

The successful business is heavily involved in the East Sussex community.

It offers:

- Social media training. (Two free hours available to companies in Eastbourne, Lewes and Wealden districts).

- Managed social media accounts. (Expertise especially in the non-profit sector and events).
- Paid for adverts online.
- Consultancy work.

Mina said: "We can help anyone with their social media. We have a wide variety of clients, and that figure is rising.

"I taught myself social media promoting my photography, and



for the past 10 years have enjoyed supporting local businesses and non-profit organisations, so they have a strong online presence.

"I am very passionate about what I do. I believe I do it well, and hope I make a difference to the East Sussex community."

Many of Mina's clients are SMEs and non-profits. She loves to provide the support they need with their socials.

She's now a very familiar face around Eastbourne — 2024 will be the third year as Chair of *Eastbourne Carnival*. And what a massive difference she has made!

She is also a Director of *Eastbourne Chamber of Commerce* and *EDEAL*.

**Suite 4, 49 Gildredge Road
Eastbourne BN21 4RY
www.ditzymedia.com
07958 559600**

Komedia Comedy Club

IF you're looking for a laugh at the weekend, then check out *Komedia Comedy Club* in the heart of Brighton's North Laine.

By **Kelly Edwards-Good**

Discover the best in live comedy, featuring three top acts and an MC and don't miss the *International Women's Day* specials on Fri 8th and Sat 9th March, featuring MC Maureen Younger, Michelle De Swarte, Sara Barron and Kate Lucas.

Past/present acts of *Komedia Comedy Club* include Jen Brister, Nina Conti, Tom Ward, Zoe Lyons, Maisie Adam, Aurie Styla, Kiri Pritchard-McLean, Jordan Brookes, Shazia Mirza, Olga Koch, Rosie Jones, Laura Lexx, Jeff Innocent, Sam Campbell and many more!

Komedia is a much-loved Brighton institution and is amongst the UK's elite independent comedy venues, reliably hosting the greatest names



on the circuit. Winners of the *Chortle Award* for Best Comedy Venue in the South a record 17 times, *Komedia's* aim is to celebrate diverse line-ups, nurture the next generation of talent, and champion the best in cutting-edge comedy.

Komedia Comedy Club runs every Friday and Saturday, 8pm (Doors 7pm), Tickets from £15pp (freshly prepared food is also available on the night).

Book now at:
www.komedia.co.uk/brighton/comedy/komedia-comedy-club
or call the Box Office on
01273 647100.

Komedia can be found at:
**44-47 Gardner Street
Brighton BN1 1UN.**

KOMEDIA



ELIAN LAWRENCE – Your Local Financial Guide

I'm Elian, your experienced financial advisor with 37+ years of helping individuals and families around Polegate and the south coast achieve their financial goals.

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- Tax Planning: Making sure you don't miss out on valuable allowances.
- Family Protection: Ensuring your loved ones are cared for, should the unexpected happen.
- And more: Tailored advice including equity release and long-term care planning.

I pride myself on building genuine relationships and understanding your unique situation.

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www.citrusfinancial.co.uk

The value of pensions and investments can fall as well as rise. You may get back less than you invested.

Equity Release will reduce the value of your estate and can affect your eligibility for means tested benefits.

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KAREN DAY and KIM HATCHER-DAVIES

Karen Day and Kim Hatcher-Davies are responsible for helping local businesses with radio advertising, for your local community radio station Seahaven FM.

We are a force to be reckoned with and are well known within the local area.

We are passionate about what we do and have a strong community outlook.

We are both independent women that are often heard saying "ask for forgiveness, not for permission".



Seahaven FM have over 20,000 listeners in our catchment area.

If you would like more information, please contact us on either, **karen.day@seahavenfm.radio** or **Kim.hatcher-davies@seahavenfm.radio**

KIRSTIE GROVES

This International Women's Day, take a step towards empowerment.

As a certified trauma-informed coach with lived experiences in overcoming narcissistic abuse, I deeply understand the challenges you face.

Whether you're navigating anxiety, midlife transitions, or the relentless thoughts that cloud your joy, I'm here to guide you. My approach integrates positive psychology and internal family systems, offering a compassionate pathway to healing and growth.



If you're ready to reclaim your life and embrace your full potential, let's connect. Together, we'll journey towards a future filled with fulfilment and happiness.

Your first step to thriving begins with a call **07908 557813**

CHERRY DANCE

Happy International Women's Day from Cherry & the team!!

Cherry Dance provides Professional & Supportive Dance and Fitness classes in Central Eastbourne!

- Burlesque
- Pole Fitness
- Aerial Hoop
- Aerial Silks
- Yolates
- Boylesque
- Dance Fit
- Street Dance
- One to One Fitness and more!!

Cherry Dance Company are also involved in lots of local events providing entertainment all over Eastbourne. They are best known for their iconic annual Zombie Flash Mob!



Want to get involved?

Here's how... book via our website **www.cherry-dance.com** or pop us a message at **cherrydance@hotmail.co.uk**

GLOW WITH ALISON

How does your hair make you feel?

Do you wish it was thicker, longer or a more exciting colour? Or perhaps you've been experiencing hair loss or thinning and would like to know whether a cosmetic hair replacement solution might work for you? Then look no further...

Glow with Alison, a private home salon in Sovereign Harbour, is your sunny destination for hair extensions and hair loss replacement solutions. As a specialist in fine/thin hair and hair loss integration, my goal is



to boost your confidence and make you smile when you look in the mirror.

Would you like to join me?

Visit **glowwithalison.co.uk**



GONG VIBRATIONS Karen Hayler

Gong Vibrations' Karen Hayler will be continuing her monthly Gong Bath Immersions at the Natural Fitness and Therapy Centre, next on 10th March at 4pm with full schedule here: www.gongvibes.co.uk

Sound therapy is growing in popularity as recently seen on two TV shows: *Weekend Escapes* with Robson Green and Denise Welch, and *Extraordinary Escapes* with Sandy Toksvig, with all the presenters discovering the therapeutic and relaxing benefits first hand. A sound bath with



gongs will balance your whole system, promoting physical, mental and spiritual well-being.

Book your place here:
[Ticketsource.co.uk/gongvibrations](https://www.ticketsource.co.uk/gongvibrations)

MAHESHA RICE Holistic Therapist & Coach

My soul's purpose is dedicated to guiding others on their journey to discover inner peace.

Unlock lasting peace with my holistic approach as a Therapist & Coach. Specialising in Reiki, EFT Tapping, and Neuro-linguistic Programming, I guide individuals to break free from trauma, phobias, stress, depression, anxiety, burnout, and so much more. Additionally, I assist clients in transforming their mindset about weight and healthy eating, regardless of their goals.

If you're ready to face your fears, achieve inner peace,



and embrace life, consider collaborating with me. I'd be honoured to offer my assistance and guidance.

**www.MaheshaRice.com
mahesha@mahesharice.com
Instagram: @MaheshaRice**



Overcoming anxiety and empowering others

HAILSHAM based business owner Nic Gray shares her journey from bullied school kid, overcoming anxiety and building her own multi award-winning business whilst raising two young children.

By **Peter Lindsey**

From a young age I was bullied for various reasons, "too tall", "too skinny" the list goes on. As the years went on it inevitably started to affect my confidence and anxiety kicked in.

As I went into the workplace at aged 17, I continued to experience bullying in different shapes or forms. I still managed to develop a great career for over twenty years within credit control and, in later years, bookkeeping.

When the Pandemic hit, I was heavily pregnant with my second child and my anxiety was at its



worst. I developed a huge love of supporting small businesses and after trying a few areas settled on starting my Virtual Assistant business *Nic Gray PA*.

Networking has been a huge part of my business journey; I've met some incredible people along the way who have believed in me even when I felt like I didn't believe in myself.

I've had to learn to overcome anxiety, to step out of my comfort zone and tell my story. I want to empower others to do the same.

Since 2021 I have been a finalist and also won some awards in my field.

Last month I was privileged to attend *Theo Paphitis' Small Business Sunday Event* at the Birmingham ICC, having been chosen as a winner back in November 2022.

No matter what you go through in life, you can achieve anything you want to with determination and self belief.

If you are looking for a Virtual Assistant, please contact *Nic Gray PA* at **nic@nicgraypa.com** or **www.nicgraypa.com**



She's truly inspirational

EASTBOURNE'S Phillippa Farrant is one amazing woman.

By **Peter Lindsey**

In 1992, her son Daniel was diagnosed aged just eight months with a life-limiting muscle wasting condition called Duchenne muscular dystrophy.

He was in a wheelchair from the age of six, had surgery on his spine aged 13 and by late teens was on a ventilator overnight, then leading to 24/7 reliance on it. He also lost the ability to eat due to choking hazards- but enjoyed the odd vodka and coke through his feeding tube.

Phillippa and Dan were told his life expectancy was 13. He eventually passed away aged 27 just before Covid in 2019.

She said: "Naturally the diagnosis turned my life upside down, and indeed that of my whole family. It was absolutely devastating.

"My life was devoted to Dan, and then as time progressed talking with – and fighting for – the rights of other families.

"It was tough trying to get help and we had to fight for every service that we could.

"I take joy from the fact that Dan was happy – his aim in life was to get married, something he didn't achieve, but he enjoyed life living at *Shinewater Court* when he left home."

Dan had started school at *Roselands*, went to *Stafford* and *West St Leonards* schools before *Filsham Valley* in Hastings. He then studied at Poole, Dorset, for two years.

Phillippa soon realised that it was a postcode lottery as to whether families were receiving the right – or even adequate levels of support.

She served as a Trustee for *Muscular Dystrophy* for six years, and she helped run the *Duchenne Family Support Group*, providing advocacy and support for more than 600 families over 20 years.

www.dfsg.org.uk

She said: "Some of the people I helped have become friends for life – many had nobody else to turn to.

"I'm always there fighting the corner for people who need it. The NHS is as stretched as ever, and that's where the help is so vital."



Phillippa's work has taken her to Parliament on many occasions, always fighting for the patient and making sure that important voice is heard. It's not always, she says.

Now she works as an Adult Support Coordinator for *Wolfram Syndrome UK*, another very rare condition.

It can lead to type 1 diabetes, loss of sight, hearing, mobility and the ability to swallow, any or all of the aforesaid.

www.wolframsyndrome.co.uk

She also works as a part-time carer for a lady, also with Muscular Dystrophy, albeit a different type to what Dan had.

Over the years she worked in the *DGH* eye clinic and in *ITU* there as well, helping giving an insight to the pressures of the *NHS*.

Phillippa's key message is: "I am here for the patient voice – after all, it is us who are living with the experience.

"I will never lose sight of what Dan was proud of, and I will always speak for those struggling."



PIER2PEER is back

WAYFINDERWOMAN'S PIER2PEER is back for another year of fun and fundraising!

By **Sarah O'Flaherty**

WayfinderWoman, a local non-profit organization committed to supporting women in the community, is thrilled to announce the annual Pier2Peer Run/Walk/Cycle event taking place on 27th July 2024.

Sponsored by co headline sponsors Mark Bishop Heating and Plumbing and Bodi Blossom, and Mayo Wynne Baxter as another sponsor, participants are invited to join in the excitement and camaraderie while contributing to a great cause.

The walk/run/cycle is from Eastbourne Pier to Hastings Pier, with a short route available for people unable to complete the full distance, families and dog walkers. All welcome!

Participants can register online at <https://register.enthuse.com/ps/event/ThePier2Peer2024>. The registration fee includes a basic entry, and for those wanting to commemorate the event, a special edition event T-shirt is available for just £25.

Every penny raised from the Pier2Peer event will directly contribute to keeping



WayfinderWoman's drop-in center open. The center serves as a crucial support system for women in the local community. One woman expressed, "Thank God for places like this," while another stated, "It has completely changed my life." Your participation will help maintain and expand the invaluable services offered by WayfinderWoman.

The Pier2Peer event is not just a physical challenge; it's an opportunity to make a positive impact on the lives of women in our community. Sign up today, set a personal challenge, and help WayfinderWoman continue providing essential support.

How to get involved:

- Visit the registration page at: <https://register.enthuse.com/ps/event/ThePier2Peer2024>.
- Explore more details on our webpage: www.wayfinderwoman.com/pier2peer2024.

Join us for a day of fun, fitness, and fundraising!

About WayfinderWoman

WayfinderWoman is a non-profit organization dedicated to empowering and supporting women in the local community. Through various programs and initiatives, WayfinderWoman strives to make a positive impact on the lives of women, providing them with the tools and resources needed to navigate life's challenges.

Becky awarded

A POLICEWOMAN whose work help track an Eastbourne murderer has been awarded a 20-year Police Long Service and Good Conduct Medal.

By **Peter Lindsey**

Crime Scene Investigator Becky Wright is trained to deal with the most challenging of scenes and can be deployed worldwide at short notice.

During her career at Sussex Police, she has examined thousands of

crime scenes with offences ranging from burglaries to the most serious of crimes.

As a valued and well-loved member of the CSI team, Becky's dedication and professionalism have earned her widespread



Becky Wright (centre) with medal.

Image: Sussex Police.

respect among colleagues and the community alike.

In recognition of her unwavering commitment to law enforcement, Becky has been honoured with the prestigious 20-year Police Long Service and Good Conduct Medal.

Becky's achievements underscore her dedication to upholding justice and ensuring the safety of the public. Her contributions to the field of crime scene investigation serve as a testament to her unwavering professionalism and tireless pursuit of truth and justice.



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EVENTS AT THE LANSDOWNE

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10
MAR



Mother's Day

FRI
17
MAY



Elton John Tribute

SAT
27
APR



Allo'Allo' Comedy Dinner

Two course for £26



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1912
Seafood & Steak

Proud to be independent, for now and always.

There's always something happening at The Lansdowne. It's been that way for the last 112 years. As a family-owned Eastbourne business, we're immensely proud of our heritage and blessed to be positioned on our glorious seafront. Join us for one of these and many more events happening this year. We're always here, especially when you need a great night out or great seafood and steak.

Catherine & Edward



THE LANSDOWNE

King Edward's Parade, Eastbourne BN21 4EE www.lansdowne-hotel.co.uk 01323 725 174 [f](https://www.facebook.com/lansdownehotel) [@lansdownehotel](https://www.instagram.com/lansdownehotel)



Events during March and April at The Lansdowne

OUR 2024 events programme has started successfully with a selection of themed dinners and the first notable date of the year, Valentine's Day.

By **Stephen Callis**

We have a comprehensive events programme planned throughout the year with the following highlights over the next two months.

Mother's Day – Sunday 10th March

Celebrate Mother's Day on 10th March and choose from either a 3-course lunch in our restaurant 1912 or enjoy a Prosecco afternoon tea in our sea view lounges. Our lunch menu includes an array of starters, mains and desserts inclusive of vegan options and salads. Prosecco afternoon tea is served on a 3-tier stand and includes warm plain and fruit scones, finger sandwiches and a selection of cakes and pastries.

To book online please visit the Dine section of our website or call us directly on **01323 725174**. Mother's Day lunch £30 per person, Prosecco afternoon tea £27.95 per person. A children's lunch menu is also available.

Easter Sunday lunch – Sunday 31st March

Spend time with the family over the Easter bank holiday weekend and join us for Easter Sunday lunch with 3 courses for £30. A children's menu is also available. To book online please visit the Dine section of our website or call us directly on **01323 725174**.

Jazz & Curry Night – Friday 5th April

Enjoy music from *The Drawtones*, an authentic 5-piece Hammond jazz, funk and soul band, with two sets being played. The event will be accompanied by a 2 course hot curry buffet. £40 per person. Book via **ticketsource.co.uk**. Full details on our website.

Allo Allo Comedy dinner – Saturday 27th & Sunday 28th April

Arrive Saturday and be greeted for check-in by Rene and Edith, followed by cream tea being served by the Allo Allo team. An evening of entertainment awaits with the Allo Allo show, 3-course dinner followed by a disco until midnight. More shenanigans will follow Sunday morning with breakfast served Allo Allo style. £248 for 2 guests in a double or twin bedroom. Book via **comedy-dining.co.uk**. Full details on our website.

All day dining during March

Our restaurant 1912 Seafood & Steak is open daily from midday until 8.45pm and offers

a contemporary menu of starters, mains, steaks, seafood, vegan options and salad. Our 2 course promotion offers 2 courses for £26 and is available for a starter and main course or main course and dessert. Please see our Dine section for our current menu and a link to book online.

Alternatively do just drop by or make a reservation via phone if you prefer on **01323 725174**.



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

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

Grand treat for diners

NEW Head Chef Alex Burtenshaw brings extra culinary delights to *The Grand Hotel's Mirabelle Restaurant*.

By **Tony Flood**

The appointment by *The Grand Hotel* in Eastbourne of Head Chef Alex Burtenshaw to their impressively refurbished *Mirabelle Restaurant* means extra culinary delights for diners.

Award-winning

Alex joins from *Port Hotel* in Eastbourne, and in his 14-year career has held Head and Sous Chef positions at award-winning hotel restaurants in Brighton, including *Brighton Harbour*

Hotel and Spa, The Restaurant at Drakes Hotel and Hotel Du Vin.

The Good Food Guide

The Mirabelle – one of two very popular restaurants at *The Grand* – has won multiple plaudits and awards, including being named in the top 50 restaurants in the UK in the *Independent*, and featuring regularly in *The Good Food Guide*.

Alex brings to the *Mirabelle* his signature style of classic British with a modern European twist, and adding his own unique spin. His inspiration came from childhood,



Authors Tony and Heather Flood with new Head Chef Alex Burtenshaw. Picture by Teri V Photography.

seeing his father watching stalwart chefs such as Keith Floyd and Rick Stein on television.

He comments: "I'm excited to be championing some of the excellent local suppliers, as well as excellent English Sparkling Wine from Bolney Wine Estate, and much, much more."

Brand-new lunchtime menu

Alex's first endeavour has been to launch a brand-new lunchtime menu at *Mirabelle* – a selection of exquisite courses featuring local Sussex fish, seafood, game, and vegetables for £25 for two courses, or £30 for three courses. Dishes include Cured Chalk Stream Trout with Lime Caviar, Venison Fillet with Ragu of Braised Haunch, and Honey Cake with Blackberry Compote.

Special events

Alex will also oversee a series of special events in 2024 and 2025, including a *Best of Sussex Dinner* featuring excellent local cheeses, fish and meats, and paired with Sussex wines.

Jonathan Webley, General Manager at *The Grand*, also has exciting new plans for the hotel's other eatery, *The Garden Restaurant*, overseen by highly respected Executive Head Chef Hrvoje Loncarevic, which will be announced soon.

A stylish cocktail bar and elegant lounge areas are ideal for enjoying Afternoon Tea. Other refreshments are also available for those using *The Grand Hotel's Health Suite Club* with indoor and outdoor pool (open May to September) and treatment rooms.

Dem Shish nominated

DEM Shish have been nominated for the *Best Fine Dining Restaurant* award in 2024.

By **Peter Lindsey**

Dem Shish Restaurant & Cocktail Bar in South Street won the award in 2023 – and now needs our votes again.

A spokesperson for *Dem Shish* said: "*Dem Shish Restaurant & Cocktail Bar* is honoured to be nominated once again for the *Best Fine Dining Restaurant* award in 2024 after winning it in 2023.

"Your vote means the world to us as we strive to bring home this prestigious award again. Thank you for being a part of our journey!"

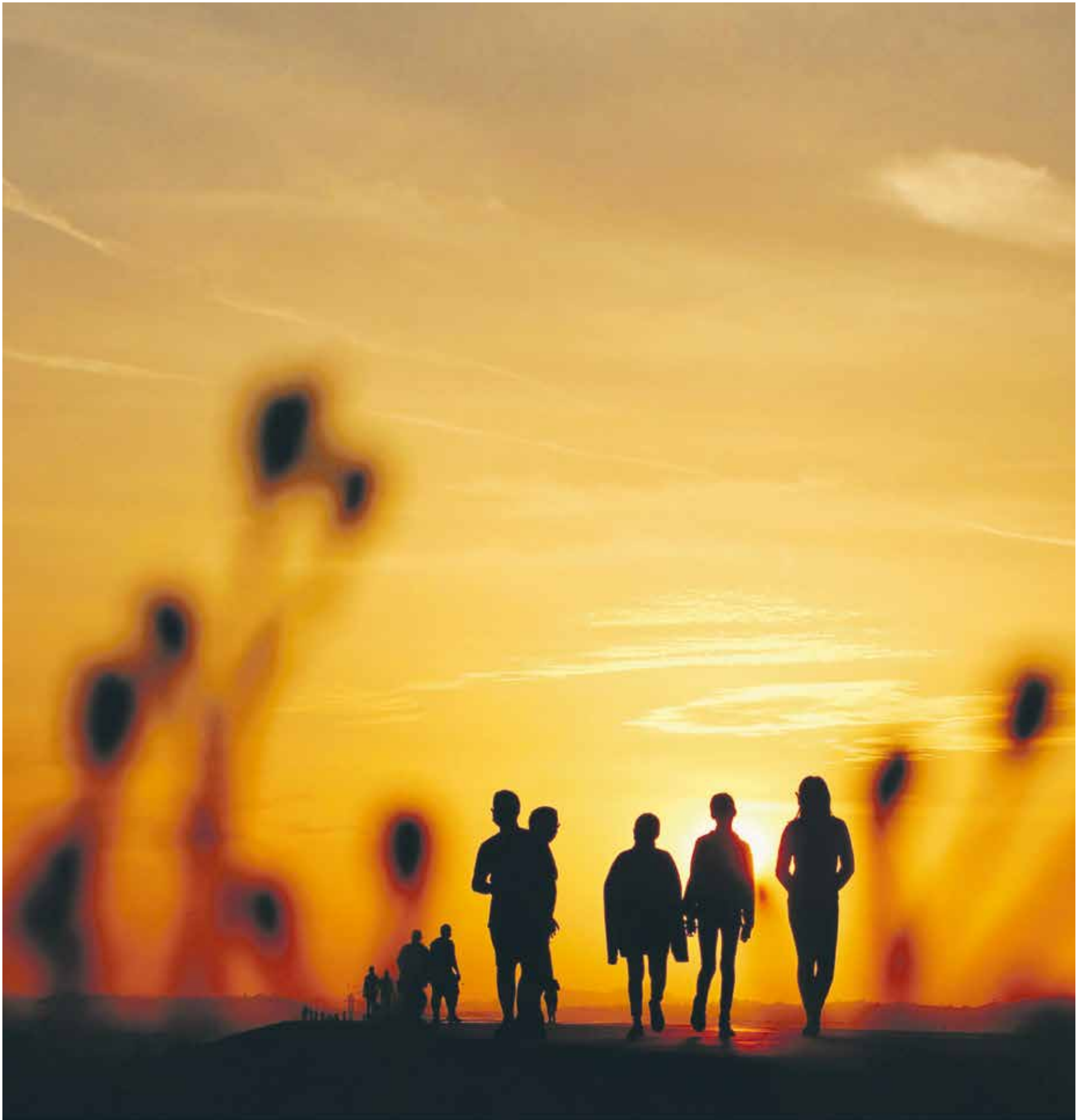
The British Kebab Awards is a celebration of the industry, which draws key figures from all sections of the takeaway and restaurant sector.

The awards welcome a host of celebrities, prominent politicians, journalists and the nation's hard-working restaurant workers for an evening of celebration.



To vote, please visit the website shown above or scan the QR code.

Health&Wellbeing



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Are you ready for No Smoking Day?

ONE You East Sussex, the county's free integrated healthy lifestyle service, are supporting local residents to help quit smoking for good!

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

What is National No Smoking Day?

National No Smoking Day is dedicated to promoting the benefits of quitting smoking and offering support and resources to those who wish to give up the habit.

Beyond individual health benefits, the day emphasizes the broader positive impacts on families, communities, and the environment.

When is it?

This vital awareness day falls on the second Wednesday of March

every year. In 2024, smokers and supporters alike will unite in their mission to promote healthier, smoke-free lives on March 13th.

How to get involved?

One You East Sussex provide FREE support and advice to help

you quit smoking for good. This includes FREE products (including e-cigarettes) and FREE behaviour changes sessions with one of our specialist stop smoking advisors. To sign up visit:

www.oneyoueastsussex.org.uk or call **01323 404600**



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 Cliffe 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.



Anyone for bowls?

BOWLS is a sport for everybody and it will help improve your fitness levels and mental wellbeing.

By **Lou Cheeseman**

After football, bowls has the second highest number of clubs in the country, and with so many places to play, it'll take no time at all to get to a bowls club close to your home.

Playing bowls is very doable, whatever your physique, and it is not expensive, so you don't need lots of new kit to start.

There will always be someone at the club who will help you start. Bowls clubs are sociable places full of people looking to have fun, it is a great way to relax, make new friends and feel part of your local community.

Hampden Park Bowls Club is ideally situated in Eastbourne's largest park, with great walks around the lake and woods.

The club was founded in 1912 and has just celebrated its centenary when it had a team playing at *Windsor Castle*.



We pride ourselves on our ability to facilitate visiting bowls clubs with two great greens and a good clubhouse, with a bar.

More importantly, you are guaranteed to find a warm and friendly welcome with a great group of bowlers and friends alike.

So if you want to try something new, we thoroughly recommend bowls at *Hampden Park*.

First time discounts

We give free introduction lessons, plus discounts for first time membership fees.

If you have any questions or you'd like to book an induction lesson, pop in,

or give us a call on **01323 500460**, or speak to Fred, the Secretary: **hon.sec@hampdenparkbowlsclub.co.uk 01323 763683**.

Visit our website at: **hampdenparkbowlsclub.co.uk**

Hampden Park Bowling Club is open seven days a week from 10am – 5pm during the season, which runs from mid-April to late September.

The club has ample and convenient parking for both members and visitors.

A variety of social events are run throughout the year and the club also supports a number of Eastbourne charity events.

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An audience with the 5-milers

RAMBLERS have many reasons for joining the **5-mile Polegate Ramblers**. During a chilly and muddy walk from Folkington to Wilmington, I discussed with some of them why they were there.

By **Lindsey Gwynne**, Polegate Ramblers

Seeing a group of check-shirted, back-packed people at the station, newly retired Robert decided to give this rambling malarky a go. He found it most invigorating and relaxing and as soon as his wife Shirley retired she joined him in his pursuit. They both tried out the 3 distances on offer with the Polegate Ramblers and Shirley settled on 5 miles as it suited her level of stamina. Her husband mostly strides out with the 10-milers, but takes a turn with the 5-milers when health or commitments demands.

Kate is a busy bee but a stirring meander through the countryside once a week does her the world of good, and she still has time to devote to her other hobbies in the afternoon.

June cares for her parents. A half-day walking is a tonic for her before she resumes her caring responsibilities in the afternoon.

Emma and Janette both work part-time. Emma joins walks when her shifts allow and Janette actually changed her working days so that she can walk with the Club.

Gemma turned up to her first ramble with a handbag and

coat over her arm. She found it challenging to say the least and was assisted up the last hill by other walkers. She was buoyed up by their encouragement and turned up the next week, slightly better prepared. It was a real challenge for her but she persevered and is now as keen as any to stride out in boots, with poles and backpack, and her first gasping walk has passed into legend!

Newly retired Louise says that joining the *Polegate Ramblers* is the best decision she's ever made. She has a job-lot of new buddies and has a fresh perspective on the countryside; no longer navigating by road and junction, but by footpath, village and church.

Many members have a spouse or partner who doesn't walk. Coming as a single isn't a problem and potential members will be warmly welcomed into the rambling family

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



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The Arts



Painting by Marianne Frank. See page 46.

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Marianne Frank

THE Threads Exhibition at Gallery@42 this month features a very special artist.

By **Gail McKay**

Marianne Frank is an artist with a background in Costume Design for theatre and film.

She has a vast body of work and has exhibited in UK, Scotland, Spain, Italy, Denmark and the Faroe Islands.

Her experiences of being a woman are explored in all her work, and the result is often dark and raw.

Sacrifices

She explores feelings of being entrapped. She says being a woman with the societal expectations it entails, leaves her feeling suffocated. "Dropping off and picking up children can occupy 4–5 hours of your time every day."

Women make sacrifices from day one, and we don't see the tide coming in. This affects women's art quite significantly, as it's often seen

as a hobby rather than a profession, she believes women artists aren't taken as seriously as men.

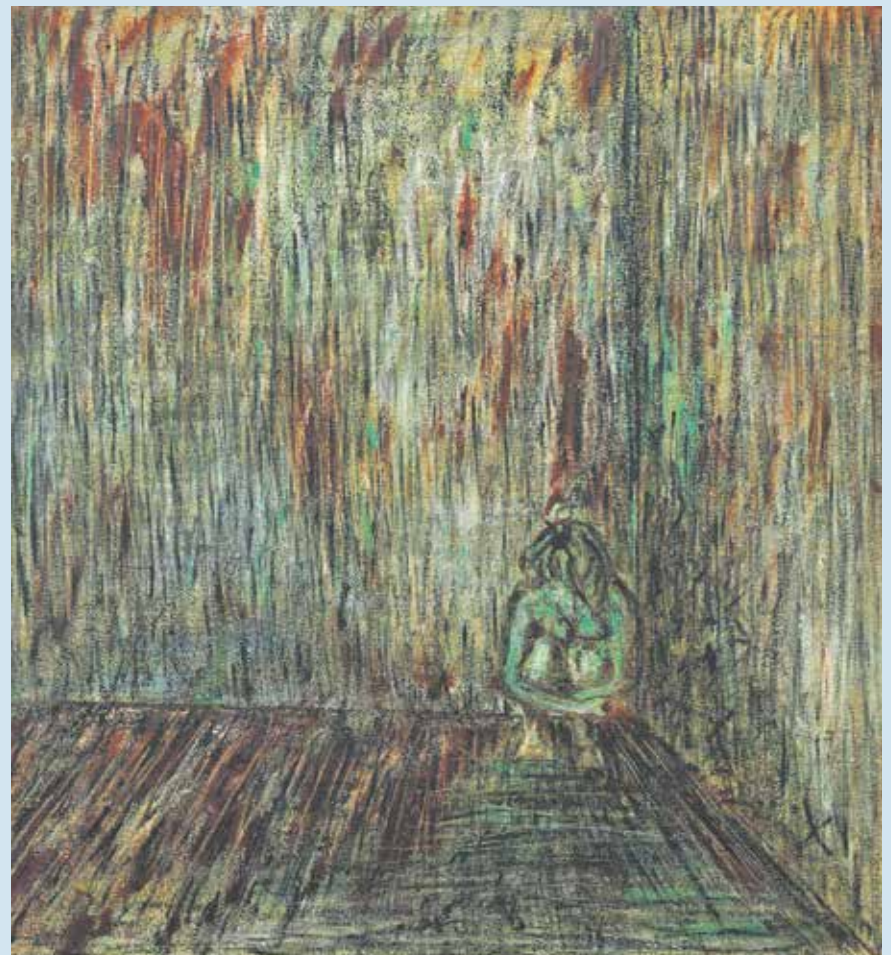
Threads

There are three small oil sketches in the *Threads* exhibition, using mainly the colour green.

"For me the colour green represents the feeling of uneasiness, and the white flesh leaves me feeling sick and pushed up against a corner with limited space for escape. The texture in the work help to give nuances in both the work as well as represent nuances within all of our lives both literally as well as emotionally. The bird represents hope. Hope to be free. Free to fly above and beyond our current place of life."

Drawing is my outlet

Marianne's husband sadly died from cancer in September. She visually



diarised her days with him at his bedside on her iPad. This not only created exquisite drawings, they are also captured as timelapse videos, so we can see the creation from start to finish. It's utterly compelling seeing her hand at work.

Marianne said she needed an outlet at this time, "I'm not very good with words."

Marianne too had cancer and her full hysterectomy had her analysing herself as a woman. Her 'Uterus' work is exceptionally raw. But it enables her to create a conversation

with other women. Art is a way for her to relate to other people.

www.mariannefrank.com

You can view some of her work this month at *Gallery@42*.

**8th – 30th March
Thursday to Sunday, 12 – 6pm**

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

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





Creative Workshops at the Enterprise Shopping Centre

CREATE, 'learn something new, take something home created by you', returns to the Enterprise Shopping Centre on Saturday 23rd March.

By **Emily Sander**, Enterprise Shopping Centre

If you want to learn a new craft with expert tuition from some talented artists and craftspeople, then we have some great workshops lined up!

Workshops include, Needle Felting, Stitch & Paper Art, Glass Fusing, Macrame, Watercolour Painting & Polymer Clay.

Hand Embroidery Artist, Liz Padgham-Major says, "I'm very excited to be running an embroidery and paper workshop this year at



CREATE at the Enterprise Shopping Centre on the 23rd March. Participants will be able to learn how to combine hand embroidery with specially treated papers to make a wonderful artwork to take home. CREATE is the perfect day to try something new, with lots of creative workshops to choose from and a very friendly atmosphere. With a wide variety of workshops there is something for everyone."

Valerie Evans, Wool Artist says, "CREATE at the Enterprise, with its varied workshops is always a welcome date in the crafters' calendar. This year I'm excited to be offering a workshop creating a miniature Teddy Bear from felt, a popular session for Felters of all capabilities."

Textile Artist, Claire Buckley will be returning to the Enterprise with a wonderful seaside inspired workshop. She says, "It is good to encourage



creativity by sharing my love of tapestry weaving and being part of this Create event. This Scallop Shell workshop has been very popular and I am pleased to bring it to Eastbourne."

So, whether you want to learn how to make Polymer Clay Earrings or paint a beautiful watercolour, make sure you include CREATE in your plans for March!

To find out more and book your spot, visit: www.facebook.com/SussexCraftandDesignFair or www.enterprise-centre.org/events



CREATE takes place upstairs at the Enterprise and access is currently via stairs only.



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Hobby Shop celebrates 1 year in Polegate

IN PERSPECTIVE *Hobby Shop*, a hidden treasure for all things creative.

By **Harry Farmer**

A year ago this month, *In Perspective Hobby Shop* opened their doors on Polegate High Street welcoming in the local community, people of Eastbourne and loyal customers from Bexhill and beyond.

Polegate's hidden treasure

If you haven't yet discovered them, *In Perspective* is a hidden treasure for anyone who enjoys creative hobbies.

Here you'll find fully stocked ranges of *Winsor & Newton* artist paints alongside a wide variety of other art supplies and all kinds of craft materials and kits to inspire your imagination. And if that's not enough, *In Perspective* is also a model shop selling a wide range of 'traditional' scale model kits from brands such as *Airfix* and *Revell* as well as the more futuristic fantasy *Warhammer* miniatures.

In store and online

In Perspective is family owned, run by Ray and Jo. Whilst understanding that many customers still like to come into

a real shop, they have experienced first-hand the change in the retail landscape. To provide customers with more options, they opened the *In Perspective* website. Locals can opt to pick up in person or have their new creative goodies delivered. Visit their online shop at: www.inperspectiveart.co.uk

More than just a shop

In Perspective offers more than just retail. You can bring in your pictures for framing or come to a Saturday card making workshop. Coming into a shop, finding what you want and

interacting with real people is still very much part of the real shopping experience and at *In Perspective* you can expect all of that and more.

In Perspective is at **44 High Street, Polegate BN26 6AG**, just a short two minute walk from Polegate Station where you can also find **free parking**.

Email: info@inperspectiveart.co.uk
Phone: **01323 483600**

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Comedy nights at The Frontier

TWO Eastbourne-based stand-up comedians, Claire Carty and Cat Scully, have started a monthly comedy night at *The Frontier Bar* on Grove Road.

By **Gail McKay**

***Salt Water Comedy*, held every third Thursday of the month, offers Eastbourne a hand-picked line-up of five established and up-and-coming comedians.**

"We'd both kind of groan when we would have to drive off into the dark

or take the train to London for comedy and thought, why not start a decent night here?" Cat explained. "Apart from Jo Neary's fab night at *The Lamb*, there isn't that much good comedy nearby and we wanted to change that."

Inclusive

Eastbourne has large neighbourhoods of people in need of a laugh, so why not provide it for them? After chatting to local bar owner and supporter

of live arts, Rhydd Pugh, the team secured a venue and have so far sold out each month. What makes *Salt Water Comedy* special is its carefully selected acts and inclusive atmosphere. "It was very important for us to provide opportunities for women and comics from all different backgrounds and differing life experiences," says Claire. "We make sure the lineup is both talented and interesting for the audience and also flip that to make sure the night is inviting and enjoyable for the acts."

Comedy scene

Claire and Cat met on the Brighton comedy circuit and perform regularly in Brighton, London and occasionally where the wind takes them. Claire recently made it to the finals of Brighton's *Komedia New Act of the Year* competition and Cat has just returned from debuting her solo show at the *Leicester Comedy Festival*. What attracted them to comedy in the first place? "I love



comedy and I love making people happy, how could I not love stand up?" answered Claire. "For me, it was a creative outlet away from being a worn-out mum!" laughed Cat.

This month's night, Thursday March 21st, sees award winning comedian Dan Jones headline. £7.

Tickets available on tickettailor.com www.tickettailor.com/events/saltwatercomedy/1152628

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12A One Life



15 Wicked Little Letters



U Peppa's Cinema Party



15 Secrets And Lies



12A Bob Marley: One Love



PG Kes



15 Ferrari



U Guys and Dolls



15 The End We Start From



PG Soul

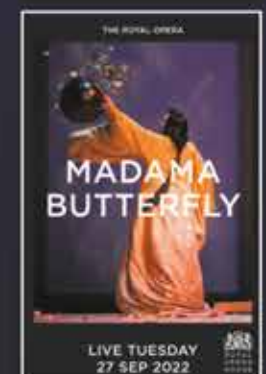


U The Lavender Hill Mob

LIVE EVENTS



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Handel's Messiah at Easter



EASTBOURNE Choral Society is delighted to announce its next concert, featuring Handel's Messiah. This concert will be held at *All Saints' Church*, Grange Road, on Saturday 23rd March at 7pm.

By **Alison Sprigg**

Under its Musical Director John Hancorn, the choir will be joined by four professional soloists along with *The Eastbourne Players* led by Kate Comberti, and the choir's regular accompanist Nicholas Houghton playing chamber organ.

Messiah remains Handel's best-known work, with performances popular not only at Easter but particularly during

Advent. This is perhaps due in part to the annunciation to the shepherds, in Part I of the oratorio, being the only "scene" taken directly from the Gospels. But the magnificent choruses, arias and recitatives continue throughout the rest of the oratorio, with each maintaining its own character while together they form a gloriously cohesive whole.

Part II, which concentrates on Christ's Passion, ends with the famous Hallelujah

chorus. The custom of standing for this much-loved chorus originates from the story – possibly only a myth but still a greatly cherished belief – that, at the London premiere, King George II stood for this anthem, to acknowledge a greater King than himself. This action obliged the entire audience to stand with him, and audiences have enthusiastically maintained the tradition ever since. Part III begins with the promise of redemption and ends with the rousing acclamation of Christ.

After an initially modest public reception, Handel's Messiah grew

steadily in popularity, and has rightly become one of the best-known and most frequently performed choral works in Western music. This Easter, it will provide the Eastbourne audience with an evening of sublime and uplifting music, to which everyone will be warmly welcomed.

Tickets, price £20, are available from *Eastbourne Visitor Centre*, at: www.wegotickets.com, or on the door.

A retiring collection will be taken by *The Samaritans*, a charity regularly supported by *Eastbourne Choral Society*. Further details of the choir and its programme of events can be found at: www.eastbournechoralsociety.org.uk

THE MAKERS DIRECTORY

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

By **Harry Farmer**

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

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

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

FEATURED ARTIST **Fiona Morrison**

My paintings are inspired by the colour, light and magic of the changing landscape. I am aiming for an evocation of the landscape through simple pictorial means – a sensitivity of colour and a clarity of design.

My work is based on memories of places and times, but the specific names of those places are not important. Although I only sometimes paint figures in my work, there is always a suggestion of humanity in little rows of houses, a hidden picnic or fishing boats. Often my paintings suggest narratives, provoking stories through universal symbols such

as the moon and stars – familiar symbols to which we can all relate. I would love my work to trigger memories for the onlooker of places and times that were special to them – a walk through the landscape, a midnight, a dawn. I hope my work has an intimate magical feel.

I paint in oil on traditional gesso, a surface that is very important to me. I hand-make the gesso using a recipe dating back centuries – it is a mix of chalk-dust and glue. It is a time-consuming process but well worth the effort as the surface is wonderful to work on. It is highly absorbent, and you can sand it down and scratch into it so that the surface becomes part of the painting itself.

I have taken part in *Eastbourne Open Houses* for many years. I am very pleased to be a part of *The Makers*



Directory, alongside many wonderful artists and designers.

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

www.themakersdirectory.co.uk/directory/fiona-morrison

fionamorrison87@gmail.com
 [@fionamorrisonart](https://www.instagram.com/fionamorrisonart)



ROYAL HIPPODROME THEATRE



The Magic of The Beatles
Friday 1 March



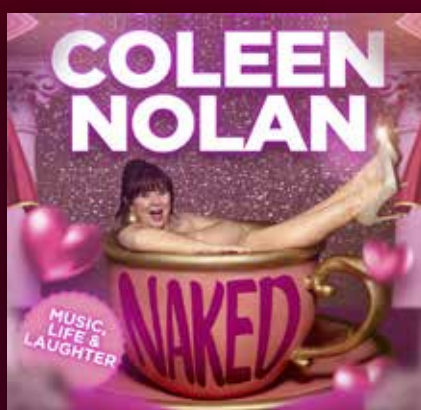
Absolutely Dragulous
Saturday 2 March



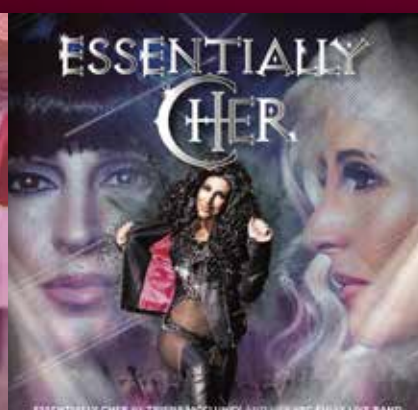
Nathan Carter
Sunday 3 March



The Dusty Show
Friday 8 March



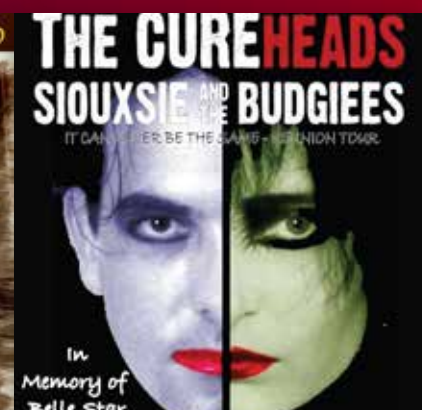
Coleen Nolan: Naked
Saturday 9 March



Essentially Cher
Wednesday 13 March



The Dublin Legends
Thursday 14 March



The Cureheads
Friday 15 March



The Take That Experience
Saturday 16 March



The Doris Day Story
Thursday 21 March



Absolute Bowie
Friday 22 March



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Green and pleasant

WITH any luck we can expect to see Spring arrive by mid-March and the more frequent sunny days will provide the opportunity for an increasing range of gardening tasks. The clocks spring forward on Sunday 31st March, giving us a clear indication that better, and hopefully longer, gardening days are on their way. It's time to get busy preparing seed beds, sowing seed, cutting back winter shrubs and generally tidying up around the garden. Once you've finished all your labours you could treat yourself to a garden visit, perhaps looking for inspiration. With daffodils, spring flowers and blossoms adding colour, there will be some lovely gardens waiting to be explored through March with the *National Garden Scheme*.

By **Geoff Stonebanks**

If you grow herbaceous plants that benefit from support, such as phlox or delphiniums get the supports in place as soon as your plants have sufficient growth then their growth will cover them as they fill out. If you are growing snowdrops, now is the best time to move them or divide up clumps, after flowering but their leaves are still showing. Moving and dividing them will increase the number of flowers you have and encourage better flowering next season from your invigorated clumps.

Mother's Day

The 10th March is Mother's Day, more often than not we all show our love for our Mum with flowers, or a plant that might suit her personality or style. It's always hard to know what to buy! My top three choices would be stunning tulips, see some growing in my garden in the header, they come in so many beautiful colours. A popular second choice, a gorgeous orchid, their blooms often last a long time and they can make a real statement. A third option might be some luscious lilies, their big blooms are often sold in bud, once they

start to open, they are truly a wonder to behold. They can be found in a variety of soft and bold colours to match your Mum's mood.

Garden tasks

A garden favourite is the popular buddleia. Now is a good time to prune to a framework of branches and encourage lots of vigorous new shoots that will have time to mature and flower this summer. Cut back last year's flowered stems to within one or two buds of old wood, or you can prune back harder if you need to rejuvenate. I've got three lovely plants around my corten steel pond, three buddleia buzz, magenta, lilac and white. This compact variety still needs a prune every year.

Now is also the last time, before the summer, for pruning roses, leaving it any later may mean cutting away stems with well-developed new shoots. You can however be as ruthless as you are as you are unlikely to kill it.

You can go on planting summer flowering bulbs into April, especially those that flower in late summer and autumn. It's a bit late for most lilies, but there are plenty of other options that will look great in borders, or will make a real statement in a pot, tub or window box.

Positive planning

Gardening really begins in earnest for me this month. There are just over 12 weeks until I plan to open *Driftwood* to the public for the 2024 season. The winter months have not been kind with extensive winds and there is much to do. A key task this month, will be to pressure clean all the paths and patios. The difference should be very clear to see, as the patios and paths are really dirty! To be honest, it is not a job I enjoy, but one that needs doing before all the garden

ornaments and furniture are taken back out of winter storage. It can take me over a week to accomplish in stages, from the top of the garden, right through to the drive at the front of the house.

National Garden Scheme

Pembury House in Clayton opens on the 7th and 8th March for pre-booked visitors. Depending on the vagaries of the season, hellebores will be at their best in March. Traverse winding paths which give a choice of walks through three acres of garden, which enjoys views of the *South Downs National Park*.

Bates Green Garden will open for the scheme on Sunday 17th March between 10:30am and 4pm with entry £7 adult and children £3. Pre-booking essential at www.ngs.org.uk This plants woman's tranquil garden provides interest through all the seasons. See the woodland garden, created around a majestic oak tree then move on to the colour themed middle garden. Enjoy courtyard gardens with seasonal container displays. The front garden is a spring joy with narcissi, primroses and violets. Visitors can walk through a wild daffodil glade and there is wheelchair access and mobility scooters area available to borrow, free of charge.

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!



Join us

HASTINGS

(Station Plaza, Ore Valley & Automotive Training Centre)

Thursday 7th March

EASTBOURNE

Thursday 14th March

LEWES

Thursday 21st March

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Tuesday 26th March

4:30PM - 7PM

Last admission 6:30PM



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