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04/24 Issue 046 April 2024

Pages 25-34



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 The Arts: Bavard Bar.

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

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Bournefree's 'reach' passes 300,000 mark

BOURNEFREE'S reach online and across our social media has reached the 300,000 mark in the past 28 days.

By **Peter Lindsey**

That's a combination of our 24/7 website and also our LinkedIn and Facebook pages, where we discuss local issues.

Some of the subjects covered online include:

- How we can improve our Town Centre
- Should there be more seating in *The Beacon*?
- How do we make our seafront look cleaner and more attractive
- When will the *Fort Fun* site reopen
- And even Pier owner Sheikh Abid Gulzar caught speeding!

It's a rich combination and if you haven't yet joined us online or through social media, then please do. It's growing at a very quick rate.

Back to the print product, and this month we have been producing a special spotlight for *Bournefree* on Polegate.

Gail and I walked the streets of Polegate chatting to local people and local businesses – and very enjoyable it was too.

The result – in this edition – is a number of pages all with local content to Polegate.

We thank everyone who has taken part, from Polegate Town Council to the tattoo shop and Willing Legal Services, plus many more.

In the coming months, we plan to produce features on other towns and neighbourhoods. If you have any specific idea then please let us know.

We have also started uploading regular Videos online, and again these are very popular. A recent video on *ESK* was watched by more than 10,000 people.

We now offer a service to local businesses, which includes the option of a Video online as part of the overall package.

Spring is now here – Easter is behind us – and once again it's the start of the tourism season for Eastbourne.

The *Dotto Train* is back, *Sharnfold Farm* has reopened after a winter closure, and there's so much to be looking forward to.

The Tennis isn't far off and yes the *Red Arrows* will be coming to *Airbourne*, albeit it only for one day.

Eastbourne could do with a really sunny summer, with hopefully tourists flocking to our wonderful town.

Let's hope for it!

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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 01323 430303



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Lower Pond at 5.00am by Peter Goldsmith.



The Beautiful Bluebell Walk

INCREDIBLY 2024 is the 51st year of the famous *Arlington Bluebell Walk* – and this year there’s also the chance to add the stunning *Bates Green Garden* to your visit.

By **Peter Lindsey**

First, the *Bluebell Walk* – and the chance to walk around this beautiful area set in the East Sussex countryside near to both Hailsham and Polegate.

Owner John McCutchan is hopeful this year of attracting 25,000 visitors but so much is weather dependent. Every year he improves the visitor experience.

The timeline is:

- First, the green carpet of emerging bluebell leaves
- Then the white display of wood anemones
- The unique view of green, white and blue as the bluebells emerge
- Finally, the many vistas of blue when the bluebells are fully out.

John said: “We open from April 10th for five weeks and the walk is of course so beautiful, but it’s more than just a walk as there are also the six farm trails to explore.

“We have extended our kitchen this year and in our cafe we have a large

screen showing a live stream of the beautiful birds at their feeding station in the woods.

“This year we will be welcoming 26 different charities, who take turns to provide refreshments every day.

“There is also a Book Room, which is being managed this year by *Heron’s Ghyll Carriage Driving for the Disabled*.

“There is a plant stall run by *Arlington Church* and the chance to see the animals, including sheep and pygmy goats.



Bates Green Garden

“We are also hoping that people will take the opportunity to visit *Bates Green Garden* which has been awarded *RHS Partner Garden* status.

“People love the bluebells – we all know that – but we also have the most amazing Garden on site. It will be open every day during the five weeks of the *Bluebell Walk* and after that every Wednesday until the end of October.”

Last year, £78,000 was raised for charities, and this year should see the total amount raised pass the £1m mark.

John is also keen to stress there are 18 mobility scooters available for people who may need them.

Entrance to the *Arlington Bluebell Walk* this year is £8 or £4 for children. It’s £20 for a family of four.

Meanwhile, *Bates Green Garden* is open every Wednesday 10am–4pm. It’s a garden full of colour and one very special to John.

It was created by his late wife Carolyn and has been restored and revitalised by Head Gardener Emma Reece and her talented team.

Garden Café

The *Bates Green Garden Café* – with homemade cakes and lunches – is open every Wednesday, and the Garden entrance fee also includes entry to *Beatons Wood*, a 24 acre ancient oak and hornbeam wood.

Visitors can also walk around the six-acre *Wildflower Meadow*, appreciate the diversity and sit to enjoy the stunning views of the *South Downs*.

John said: “There’s so much to see in this wonderful garden, it’s the most amazing tranquil space.”

Go to www.bluebellwalk.co.uk and www.batesgreengarden.co.uk

You can sign up for the monthly newsletter via either website and keep up to date with events held here throughout the year.

Meanderings

VISITORS are in for a creative treat at the end of March and over the Easter Bank Holiday weekend when **Salt Edge Arts** will be holding their first show of the year, **'Meanderings'** at the beautifully refurbished **Pump Barn, South Downs National Park**.

By **Gail McKay**

The future of this 18th century building was secured by funds raised by *The Friends of South Downs Trustees* and officially dedicated at a ceremony in September 2023.

Salt Edge Arts exhibitions involve an eclectic mix of idiosyncratic styles and exceptional creativity. The events give an opportunity to meet

the artists, enjoy a distinctive visual experience, share insights into their work and have an opportunity to purchase paintings, glass, sculpture, prints and jewellery.

The Pump Barn has the perfect atmosphere for visitors to enjoy work often inspired by the *Cuckmere River* as it meanders towards the sea through reed-fringed salt marshes.

This landscape, cherished by many and forever captured by the artist Eric Ravillious remains one of the most favoured destinations for walkers.

Salt Edge Arts have specifically chosen *The Pump Barn* for their exhibition *'Meanderings'* so visitors can enjoy work inspired by the setting and then immerse themselves in the backdrop.

27th March – 7th April
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Calling all artists

SECRET postcard art auction for Royal Marsden Cancer Charity #sophiespostcard

By **Gail McKay**

Help St Richard's Catholic College reach their fundraising target of £100,000 with the fourth secret postcard auction. www.sophiespostcard.com

The auction will be on eBay with all proceeds going to charity. All are welcome to contribute.

The list of contributing artists will be released just before the auction goes live.

Since 2018, St Richard's Catholic College has raised almost over £82,500 and auctioned over 3000 original artworks for The Royal Marsden Cancer Charity in memory of former pupil, Sophie Maria Taylor. This summer, they are again running the Secret Postcard auction. This time they are setting themselves a target to reach a fundraising target of £100,000. Artwork will be listed for 10 days on eBay with lots ending on the weekend of Sat 29th – Sun 30th June 2024.

#sophiespostcard has got off to an incredible start with over 700 wonderful postcards already received from artists from all over the world, including some very famous artists and celebrities. But you don't need to be famous to take part: pupils, parents, staff and accomplished local artists have all sent entries.

The deadline for the call for artwork is **24th May 2024**. Artwork to be completed postcard sized, good quality paper or board, and signed on the back. See full details on the website. All artwork to be sent by 24th May 2024 to: **#sophiespostcard, St Richards Catholic College, Ashford Road, Bexhill on Sea TN40 1SE**.

Postcards are uploaded as they receive them and you can see what has been submitted on their website at: www.sophiespostcard.com

Please follow [@strichardsart](https://twitter.com/strichardsart) on X/ Twitter and [sophiessecretpostcard](https://twitter.com/sophiessecretpostcard)

on Instagram for regular news updates and use the hashtag **#sophiespostcard** to help promote the event on social media.

Antonia Dalmahoy, the Managing Director at The Royal Marsden Cancer Charity said, "We are immensely grateful to St Richard's Catholic College for their continued support of The Royal Marsden's Oak Centre for Children and Young People, in memory of Sophie. The money raised for The Royal Marsden Cancer Charity through Sophie's Postcards will make a massive difference, helping to fund world-leading research into developing life-saving treatments for young cancer patients at The Royal Marsden. Thank you also to all the incredibly talented artists and kind bidders for their generosity."

Contact Miranda Pennington sophiespostcard@strichardsc.com if you have any ideas for sponsorship or would like a pack to send to a famous friend.

Thank you so much for your help and support of The Royal Marsden Cancer Charity and this very special fundraising event in memory of a dearly loved pupil, Sophie Maria Taylor (2004–2017).



Meet Your New Neighbours

Show Suite Now Open

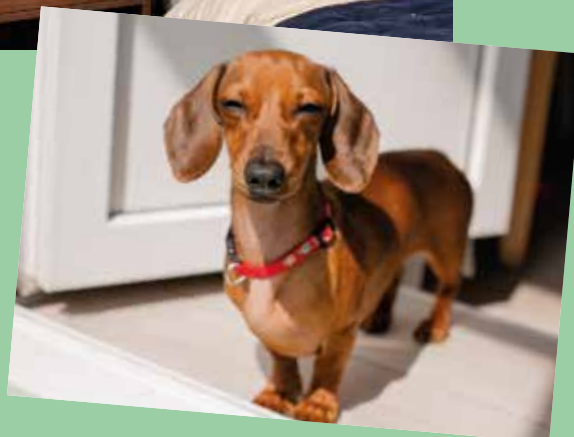
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9:30AM - 3:00PM

By **Tim Sorensen**

The BIG Futures Show returns to Eastbourne Sports Park on Tuesday 23rd April 2024 from 9.30am–3.00pm.

The show is the largest employability, skills and jobs 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.

The Show is organised by *Eastbourne Education Business Partnership*, a registered charity, in association with *Eastbourne Borough Council*. 80+ organisations will be providing interactive exhibits and guidance aimed at inspiring tomorrow's workforce.

Visitors will receive a comprehensive 32pp show guide to help them make the most of their visit. It is recognised that parents and carers play a significant role and influence in a young person's choice of future career and are welcome to attend throughout the day.

Exhibitors will be looking for new talent and explaining what qualifications they require and what training and apprenticeships they offer in the work place. Colleges and other training providers will be on hand to promote their offer and where it fits with employer's requirements and what they are seeking from students who apply.

A wide range of employment sectors and individual organisations will be represented at the show as listed in the stand and floor plan details shown opposite. The organisers are grateful for sponsorship from *Eastbourne Borough Council*, *East Sussex Healthcare NHS Trust*, *Bexhill 6th Form College*, *Edwards Vacuum*, *Construction Industry Training Board*, *East Sussex College* and *Recruitment South East* plus support from *Wave Active*, *CloudConnX*, *CCLI*, *Posturite*, *Lightning Fibre* and *Soren Learning Solutions*.

A dedicated job-seekers area, managed by *Recruitment South East*, will be promoting current job and training opportunities with show exhibitors for those seeking a more immediate choice. Entry on the day (individual or family) is £3 cash or free for job-seekers inclusive of show guide.

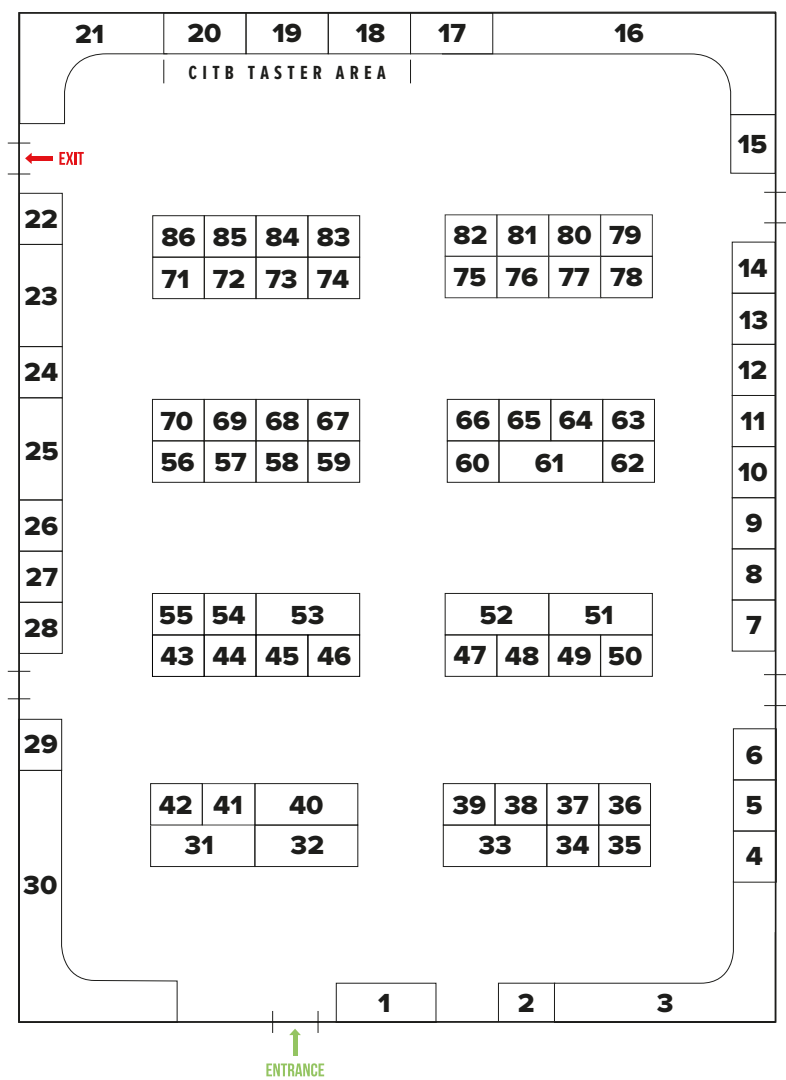
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EXHIBITOR	STAND NO.	EXHIBITOR	STAND NO.
Information Desk	1	Holding Space	45
Recruitment South East	2	Mears Group	46
Job-Seekers Corner	3	The Lansdowne Hotel	47
Department for Work & Pensions/Jobcentre Plus	4	Mayo Wynne Baxter LLP	48
The People Matter Trust	5	Chestnut Tree House Children's Hospice	49
East Sussex County Council	6	General Dynamics UK Limited	50
East Sussex Library & Information Service	7	East Sussex Healthcare NHS Trust	51
Travelosophers by Gareth Harding	8	University Hospitals Sussex NHS Foundation Trust	52
The Girls' Network	9	Chalk Eastbourne	53
Plumpton College	10	Avon	54
Stagecoach South East	11	Mini First Aid Sussex	55
Southern IT Networks	12	Firebrand – Brand Design Agency	56
Zoonou	13	Functional Skills UK	57
thebestof Eastbourne	14	AFH Payroll Solutions	58
DFN Project SEARCH	15	HR Dept Sussex-by-the-Sea	58
East Sussex College	16	Media Attention Events	59
British Army	17	South East Coast Ambulance Service	60
CITB Taster Area (Sustainable Building & Renewable Energy)	18	Kier Construction	61
CITB Taster Area (Civil Engineering)	19	Sussex Partnership NHS Foundation Trust	61
CITB Taster Area (Drylining & Plastering)	20	NHS Sussex	62
L Lynch Plant Hire & Haulage	21	Plastic Free Eastbourne	63
SCTP, Apprenticeships in Sussex & ASK	22	University of Brighton	64
Viking Pump Hygienic	23	Eastbourne & District Samaritans	65
Water Bear The College of Music	24	Dominic Hill Chartered Accountants	66
Wave Active	25	Haine & Son Funeral Directors	67
Jenner Contractors Ltd	26	DV8 Sussex 16-18 Creative College	68
N Smith Electrical	27	Royal Air Force	69
RNLI Eastbourne	28	Southern Water	70
TBC	29	OHM Energy	71
Bexhill 6th Form College	30	CITB – Construction Industry Training Board	72
Visit Eastbourne	31	The Chevron Group	73
Eastbourne Borough Council	32	Roadways	74
Edwards Vacuum	33	Royal Navy	75
Ditzy Media	34	CXK Youth Employability Service	76
AdasGold Brand Photography+	35	East Sussex Fire & Rescue Service	77
Wealden Works	36	The View Hotel Eastbourne	78
Wightman & Parrish	37	TBC	79
Wealden District Council	38	The Observatory Science Centre	80
Custard Ltd	39	Talent Accelerator	81
Partners 4 Training	40	Drainline Southern Ltd	82
JTL	41	British Gypsum – SGIS	83
Sussex Police	42	Winvic Construction Ltd	84
Heathercroft Training Academy	43	Kedslie Anderson Architects	85
Metro Bank	44	Human Nature	86



Not Long Left to Find Elmer

Time is running out to take part in the Elmer trail.

Since March, over 700 families have entered the competition to find the 12 Elmers around Eastbourne Town Centre and complete the word puzzle to win a goodie box full of Elmer-related treats.

Stephen Holt, CEO of Your Eastbourne BID, said, "I want to thank everyone who has loved Elmer as much as we have! We've seen families across the town enjoy the trail, as well as visitors from as far away as Leeds!"



To take part, all you need to do is download a copy of the map via www.elmerineastbourne.co.uk or collect a map from Waterstones, Eastbourne Library, or the Welcome Building.

Every time you take part and complete a form, you will win a sweet treat as a thank you!

Stephen concluded, "Elmer is due to end his holiday in Eastbourne on the 14th April, so don't miss your chance to find all 12."

Lighting Up the Town Centre

Your Eastbourne BID has invested in additional lighting in the town centre, with the first installation concluded at the end of February in Cornfield Terrace.

The new festoon lighting was requested by businesses in the strip to make a thoroughfare for the popular theatres and to inject colour and vibrancy into the area. Additional festoon lighting is due to be installed on South Street (between Bibendum and Urban Ground) as well as Langney Road.

Luke Johnson, Your Eastbourne BID Operations Manager, said, "The BID responds to the requests of businesses, and we are delighted to have installed these additional lighting spans."

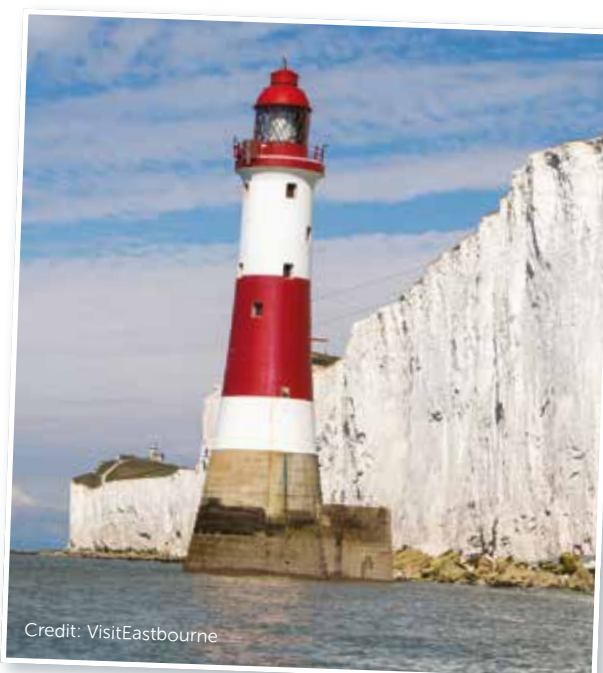
Luke continued, "One of the key points from our recent consultations was that the town needed to be injected with some colour. Thanks to businesses in the area, we have installed 60 wooden planters in the town – and we've just commissioned a new summer planting scheme due to be installed on 1st June."

Beachy Head Lighthouse Challenge

Originally set up as part of the "Save the Stripes" campaign by the Rotary Club of Eastbourne AM in 2013 to repaint Beachy Head Lighthouse, this annual fundraising walk to Beachy Head Lighthouse takes place on 6th July at 5pm.

Martin Wellings, one of the organisers from town centre business PST Travel, has asked us to remind residents, businesses and visitors to register and help raise funds for the RNLI and fund any future repainting that may be required.

To get involved, simply visit Eventbrite and search for Beachy Head Lighthouse Challenge.



Tennis in the Town

We are currently working with the Lawn Tennis Association to celebrate 50 years of international tennis in Eastbourne.

We are working on celebration plans, including a new fan zone in the town centre and associated events.

We will also be running a window dressing competition. If you are a town centre business and would like to receive a limited edition starter pack from the LTA, please get in touch by scanning our QR code.



VOTE YES to the BID: Consultations

Thank you to all the town centre businesses that took part in our group consultation meetings last month. These meetings generated new ideas and helped us understand your priorities as we develop plans for the ballot and the next five-year term.

If you are a town centre business and weren't able to join us, then there is still time. We meet with businesses across the BID area daily. You can book a meeting by emailing: stephen@youreastbournebid.com.

We'd be really grateful if you could spare just a few minutes to complete our survey – there are only five questions – and it helps us as we prepare our business plan.

Complete our survey here:



Life's a beach

BEACH Life to bring summer festival vibes to Eastbourne Bandstand.

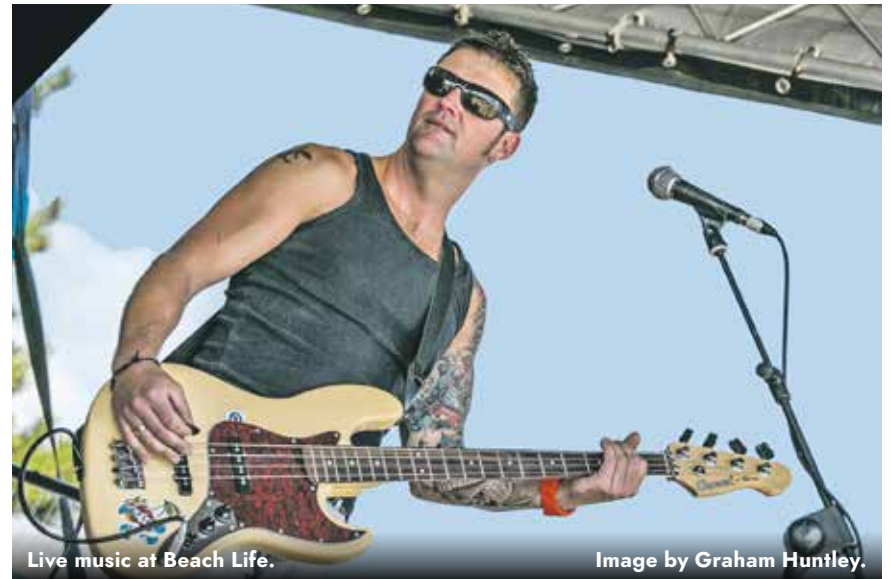
By **Peter Lindsey**

Beach Life Music Festival will return from 13th – 14th July, bringing the summer festival vibe with live music, street food, stalls and entertainment to Eastbourne seafront.

This year the event will be held at the *Bandstand*, soundtracking the summer with the best in local live musicians and crowd-pleasing bands – all on the refurbished stage of the iconic seafront venue. Entry is non-ticketed and free.

The new venue will make the most of the seafront's existing infrastructure and it brings the festival closer to beach events including *Ironbourne*, which hosts the *British Middle Distance Triathlon Championships* on Sunday 14th July, and the popular seafront market.

It also gives local bands the opportunity to play at the *Bandstand* for the first time and to introduce new younger audiences to live performances at the venue, following its extensive stage refurbishment last year.



Live music at Beach Life.

Image by Graham Huntley.

The two-day family friendly festival traditionally kicks off the summer holidays and is known for its relaxed beach vibe.

Non-stop live music is the soundtrack for the festival and the *Bandstand* stage will cater for all tastes from funk and soul to disco, rock and indie pop.

Foodies can look forward to a selection of street food at the festival and the *Bandstand* bars will be open too with a varied drinks menu on offer.

Beach Life performances will run throughout the day, while the *Bandstand's* seasonal tribute show line-up takes over the reins each evening with *Spice Girls* tribute act *Viva 4 Ever* on Saturday night and *Simply Red* tribute act *Red Mick* on Sunday evening – tribute show tickets are available from EastbourneBandstand.co.uk

Details of bands appearing will be announced in the coming weeks. For more information visit BeachLifeFestival.co.uk

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Spectacular Gala Ball

PIONEERING Sussex charity for children with a rare breathing condition calls for support to reach its first £500,000 fundraising goal.

By **Gayle Hudson**, Keep Me Breathing

Tickets are on sale now for a Spectacular Gala Ball being held on 27th April at the Findon Place Private Estate for Sussex Charity Keep Me Breathing, to reach its first massive fundraising milestone.

Set up just a year ago by the Oakley family from Hove whose son Casper was diagnosed with a very rare

breathing condition, charity has a big mission – to build The Breathing Pacemaker. This will be the world's first specific treatment for children affected by Congenital Central Hypoventilation Syndrome or CCHS which affects the body's ability to breathe when asleep and sometimes during the day. Children born with CCHS face a life-time on a ventilator.



A group of engineers and scientists in Cambridge are working to build a prototype of the new Breathing Pacemaker to transform the lives of children with this condition, giving them unimaginable independence and freedom.

To help them reach their first £500,000 fundraising goal to develop the prototype, *Findon Place* is hosting a Spectacular *Leap Year Gala Ball* sponsored by *NFU* and *Wiston Estate* on 27th April 2024.

Join us for an unforgettable and heartwarming evening in *Findon*

Place, a beautiful Private Estate nestled in the *South Downs National Park*. The event includes Welcome Drinks, a Gastro Feast, Entertainment with Live Music, Auctions, special guest appearances and much more.

Tickets are on sale now via www.ticketsource.co.uk, just search "Leap Year Ball" or contact gayle@keepmebreathing.com for more information or call **07710 464151**.



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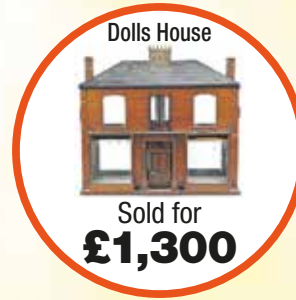


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Shinewater pupils with the Mayor, Councillor Candy Vaughan.

Shinewater wins Downland In-Bloom 2024

PUPILS from *Parkland Junior, Parkland Infant, Bede's Prep, Shinewater, Polegate and St. Andrew's Prep* schools presented their carpet garden designs at the 'Downland In-Bloom' finals at *Eastbourne Town Hall*.

By **Tim Sorensen**

This annual *In-Bloom* event, now celebrating 30 years, was organised by *Eastbourne Education Business Partnership* in association with *Eastbourne Borough Council*.

Local primary schools were tasked with producing three themed carpet garden designs and some supporting curriculum work for judging.

The competition theme enabled pupils to learn more about the amazing downland and the plants and wildlife right on their doorstep.

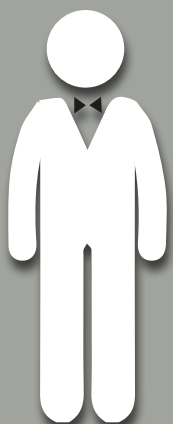
The competition also provided lots of ideas for learning and creativity in the classroom and wider community. The finals coincided with the start of *British Science Week*.

Shinewater Primary School won for its distinctive downland and lighthouse design that will be planted

at Holywell in June and *Polegate School* were runners-up.

Representatives from *Idverde, UpCountry Stone Cross, Sussex Wildlife Trust* and *Visit Eastbourne* helped with the judging.

Prizes were kindly provided by *UpCountry Stone Cross* and certificates created by *Firebrand Design*. Celebration cakes for tea were courtesy of *Idverde* who look after the seafront carpet gardens and parks.



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Dance for Parkinson's Classes

EASTBOURNE Dance Space offers dance classes to adults of all ages and abilities, including Dance for Parkinson's classes.

By **Peter Lindsey**

These are held at Emmanuel Church in Upperton Road, Eastbourne.

The classes are specifically designed to benefit people living with Parkinson's disease, and the

combination of music and dance can provide a freedom of movement as well as a sense of joy.

Classes are fun and you can be sure of a warm welcome and an encouraging environment led by a qualified professional teacher.

No dance experience is necessary.



Some of the class is taken seated, with the opportunity to try some dance exercises standing and travelling later in the class, although the whole class can be taken seated if preferred.

There is also the option to join in on Zoom from the comfort of your own home!

It is a not-for-profit organisation, and organisers would love more people

to hear about the class so that it can benefit more people in our community living with Parkinson's Disease.

Go to:

www.eastbournedancespace.org.uk

You can email:

eastbournedancespace@hotmail.com

Or you can telephone Claire on:

07957 408694.



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Bluebell Walk for UCEP

EASTBOURNE based charity UCEP, which raises funds to offer scholarships that keep children in West Africa off the streets and in school, is hosting a day in the country at Arlington Bluebell Walk from 10am – 5pm on Thursday, 11th April 2024.

By **Gail McKay**

In disadvantaged communities there is a growing generation of children in with no education and little hope of lifting themselves and their families out of crushing poverty.

These out-of-school children are denied the opportunity of HOPE. In the absence of hope, children often end up emulating criminal role-models, joining gangs, or embarking on deadly journeys across the



desert, and the Mediterranean sea in search of HOPE.

You can learn more about the vital work that UCEP is doing by visiting their website at:

www.ucepcommunity.org

We hope you will join them and help change more little lives for the better in 2024. If you would like to volunteer

to help UCEP, please register in the "Get Involved" section of their website or email info@ucepcommunity.org

If you wish to fundraise for UCEP, then please email: info@ucepcommunity.org

If you would like to make a donation, please do so at their website page www.ucepcommunity.org/donate

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Free Carnival classes

EASTBOURNE Carnival is working with creative partners across our community to deliver some fabulous FREE Carnival workshops so entrants can get all the help & advice they need to take part in this years Carnival.

By **Mina O'Brien**

This year's theme is *Into The Wild*. Take inspiration from the Natural World – local or from faraway places...

- Birds
- Animals
- Sea Creatures
- Flora and Fauna

Number 186 is hosting a Sewing workshop from 11am – 4pm on Saturday 6th April. Booking by email: info@eastbourne carnival.com

DC Learn are holding Prop making workshops on Saturday 20th April 2pm – 4:30pm, and Saturday 4th May 10am – 4:30pm.

Booking via this link: www.devonshirecollective.co.uk/activity/eastbourne-carnival-prop-making-workshops

Dance, Dance, Dance

Dance classes will be hosted in the run up to Carnival with *Cherry Dance* and *Dance with Emma*

Cherry Dance Classes every Thursday at 7pm.
See: www.cherry-dance.com

Dance with Emma Classes every Tuesday 12pm, Tuesday 7pm and Thursdays 7pm.
See: www.facebook.com/ZumbaWithEmmaM

For more information about this years Carnival, please visit: www.eastbourne carnival.com



Riding to give back

IT'S been two years since Lee Hillier was hospitalised with Covid in a London hospital – 63 days in hospital, 10 of them in a coma.

By **Peter Lindsey**

He admits: "I'm lucky to have survived and if it wasn't for the NHS and the incredible team that took care of me, I wouldn't be here today."

He has now decided that it's time to give something back to the healthcare system – so he's doing a three-day 200-mile ride in June.

Lee, who owns a Tattoo business in Polegate, said: "I need everyone's help to donate and spread the word about this charity event I'm organising.

"Every pound really does count, as it will go towards the purchase of a special life support machine called ECMO.

"If it wasn't for this incredible machine I would never had made it."

The ride will take place on June 7th, 8th and 9th and will be 200 miles long, starting in Eastbourne and riding the *South Downs Way* to Winchester, and back.

Lee said: "I won't be alone doing this. Four friends will be joining me and everyone is invited to ride along part of the way on any of the days with us.

Please go to www.justgiving.com and search for **Lee Hillier**



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What's on

A SELECTION of the best of Eastbourne this month.

By **Gail McKay**

Markets

All Saints The Old Chapel
22 Darley Road BN20 7GE

Saturday April 6th, 10:00am to 4:00pm.

Community Wise Village Market
Ocklynge Road
Eastbourne BN21 1PY

Saturday 27th April, 10:00am–12:30pm.
 Food, crafts, giftware plus bargain charity shop 'Wise Buys'.

East Dean Village Market

Every Wednesday.
 10am–1:00pm outside.
 10:30am–1:00pm inside.
 Cafe open until 1:00pm.

Farmers and Street Market
Terminus Road (Between
Barclays and Halifax).

Every Wednesday and Sunday.
 9:30am–4:00pm.

Eastbourne Easter Market
Grand Parade Eastbourne

28th March – 7th April 2024.
 Monday – Saturday: 9:00am–6:00pm.
 Sunday: 10:00am–5:00pm.

Pub Quiz

Lamb Inn, 36 High Street, Old Town, Eastbourne BN21 1HH
01323 720545

4th April, Paul Elphick hosts.
 Booking Essential.
 Max six people per team. £2 per person. Special Quiz menu includes a drink. Starts 8:00pm.

Comedy

Salt Water Comedy
Frontier Bar, Grove Road

Thursday 18th April – Headliner:
Dinesh Nathan.
 Tickets £7 at www.tickettailor.com

The Lamb Inn Comedy Night
Hosted by Jo Neary

27th April – *Zoe Lyons, Angela Barnes, Sam Savage.* Starts 7:30pm.
 Tickets: £20 plus booking fee.
www.wegotickets.com

Live Music

Crown & Anchor
15–16 Marine Parade BN21 3DX

Friday 5th April – *The Chandeliers.*
 Saturday 6th April – *Bad Obsession.*
 Friday 12th April – *Lenny.*
 Saturday 13th April – *The Norman's.*
 Friday 19th April – *Bad Mood Monkey.*
 Saturday 20th April – *Tin Whiskey.*
 Friday 26th April – *The Astralizers.*
 Saturday 27th April – *Glen Dean and the All Stars.*

The Six Bells
The Street, Chiddingly BN8 6HT
01825 872227

Saturday 13th April – *Pat Butchers*, 9pm.

Friends of Eastbourne Hospital Events

Dine Around the World: British Menu
Eastbourne Borough Football Club, Priory Lane, BN23 7QH
 Wednesday 24th April, 7:00pm.
 £20, Booking Essential.
01323 749503
www.friendsdgh.org.uk

Afternoon Tea
Mortain Place, 93 Pevensey Bay Road
 Tuesday 30th April, 2:30pm.
 Tickets are £15 per person.
www.friendsdgh.org.uk

Health

Fertility Support Group
Hosted by Louise Hayes
 Second Friday of every month. The April one will be on Friday 12th April.
Holistic Haven, Hellingly
louise@innersolereflexology.co.uk

Half price at Sharnfold Farm

SHARNFOLD Farm has reopened after the winter break – and it's half price entry for the April school holiday.

By **Peter Lindsey**

The Stone Cross visitor attraction has been welcoming back customers from Good Friday – and what a great start it has been.

The Family Parks Group – which owns Sharnfold – has frozen prices for 2024.

You have to book online for the half-price offer.

thefamilyparksgroup.co.uk/events/we-are-back



Spring Water Festival 24

PLANS are underway for the **Eastbourne Spring Water Festival 24** from **May 10th–19th**.

By **Oliver Sterno**

After the successes of our previous three Festivals, **Plastic Free Eastbourne** are thrilled to bring this multi-faceted, vibrant festival back for 2024!

A wide range of exciting events are planned, for all ages and interests.

Details, including events and dates, will be made available via our website at plasticfreeeastbourne.co.uk/festival

From here you will be able to book tickets and register for events.

Sponsors and pitches

We are currently seeking sponsors so please consider our sponsor options if your business would like to support us and be associated with our festival.

We also have some available pitches for stall holders at our **EcoFair24** on Saturday May 11th.

Please contact Karine at businessallies@plasticfreeeastbourne.co.uk



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Join Eastbourne family on its African mission

BIG-hearted businesses are being invited to join in the fun as partygoers plan a glamorous night out in support of children at an African school.

By **Keith Ridley**

Tickets are on sale for a Banquet and Ball that is set to be one of Eastbourne's most glitzy summer events – and to be held at *The Winter Garden* on Saturday, June 8th, from 6.00pm until midnight.

Driving force behind the evening are Eastbourne couple Jess and Simon Gisby, who have made it a family mission to continue the work of Jess's aunt, Penny Mann, with their mission being to provide the children with a much-needed new schoolroom.

It is hoped that upwards of 300 people will attend the *Winter Garden* ball, with businesses being asked to play their part and invite guests on to their tables.

Tickets priced £80 (with tables of ten) are on sale to groups and individuals and available from jessgisby@yahoo.co.uk

Entertainment will come from the hugely popular band, *The Zoots*, and there will be a prize raffle and casino tables. The event is being supported by *The Rotary Club of Eastbourne*, of which Jess is a member.

Kabalega Primary School

Jess and Simon took their own two children, Logan (11) and Felicity (13), to Uganda during school half term, to meet the children at *Kabalega Primary School* and learn more about the Masindi community which Jess's aunt had supported for the past 20 years. Logan and Felicity were both given Kabalega uniforms to wear during their visit.

The family took eight suitcases on their trip – seven of them packed with donations from family and

friends and including sports kit and tennis rackets from *Bede's School* and books from *Gildredge House*.

Said Jess on her return: "The kids are just amazing – kind, polite and happy. Some get to school as early as 6am because they are so keen to be there.

"We were greeted by an impromptu school band. Logan is still messaging one of the boys he met. They really are such lovely children."

It is the second visit the family had made to Uganda to meet teachers and pupils and to see first-hand how aunt Penny's efforts had benefitted the community.

On that first visit, Simon, a teacher at *Bede's prep* in Eastbourne, had taken the children football shirts and kit donated by the school.



Cramped facilities

On their first visit, Jess and Simon met four students supported by Jess's aunt who are now going on to study at university. Facilities at the school are very cramped and the priority for fund-raisers is to build new classrooms at Kabalega.

There are around 1,000 children using the cramped facilities at Kabalega. Government support is very minimal and the school receives only about £500 funding per term.

Logan – a keen sportsman and county cricketer – enjoyed the sports lessons and the family took some of the pupils on a trip to a nearby safari park where, astonishingly, they saw wildlife such as hippos and crocodiles for the first time.

Making a lasting difference

Said Jess: "There is such joy on the children's faces at all that is done for them, and it's truly humbling to see the difference even a little money can make," said Jess. "With just a little thought we can make such a lasting legacy. Eastbourne people have big hearts and we are asking them to reach out to these lovely children."



Wasp Visitor Centre plans

OWNERS of a successful Wasp Visitor Centre in Cornwall are looking to expand and create a version of their popular attraction in Eastbourne.

By **Alphonse Pufharté**

If plans are approved, a large structure will be built on land near Lottbridge Drove.

A spokesperson from *Wasp World* said, "There will be 'some-sting' for all the family at *Wasp World*, so why not spend the day with these viscious, spiteful little insects?"

"You will be able to marvel as they buzz around one of our 50 'observation bins'. Watch as they get increasingly frustrated banging against the glass and feel their wrath as you accidentally disturb one of their paper nests.

"And when the family is hungry, you can all enjoy a troubled lunch at the 'Melting Lolly' café or eat your own food al-fresco in one of our wasp-infested picnic areas."



How the structure probably won't look.

Image: Mélanie Arouk.

The Centre

The company plan to build a glasshouse complex that will be home to over a million wasps. There will also be a state-of-the-art medical facility onsite.

They said, "We think our visitor attraction will be a great addition to Eastbourne and hope the planning permissions are approved promptly and we can get building.

"Our Cornwall site is very popular and we get many 'thank you' emails and letters from satisfied visitors.

"One lady wrote, 'My husband and I were stang over 100 times between us. We can't wait to visit again.'

"Another said, 'Had a great time. Running really makes the wasps angry and I even got stang while using the toilets... fantastic'.

"Comments like that brighten our day and we can't wait to bring the experiance to Eastbourne."

The company are hoping to get the attraction up and running for the 2024 summer season.

We support families with disabled children and young people in Sussex



www.amazesussex.org.uk

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Introducing Stitch Therapy: An Independent Shop By The Sea

We're shining a light on Edeal Client Natalie, who has opened a beautiful haberdashery shop in Seaford.

With 30 years' experience working in retail -from the shop-floor to head office, to running her own award winning shops- Natalie is a seasoned professional in the garment trade. She is also an experienced designer and maker, having graduated from the prestigious Central St Martins College of Art & Design and the London College of Fashion. None of which could prepare her for what happened next...

"Lockdown was a very strange time and following the closure of my old shops in Eastbourne and Seaford, I really struggled mentally. So many

other people were affected by Covid too, and the idea for Stitch Therapy - crafting to promote good mental well-being - was born".

With mentoring and support from Edeal, Natalie was able to develop Stitch Therapy into an independent fabric, yarn, wool and haberdashery shop, which offers creative workshops in dressmaking, quilting, knitting and crochet.

"It took a while to find the right space", said Natalie "but I've finally found somewhere great to come and craft and feed your creative needs! 'Me time' is so important, and my shop gives you the opportunity to do just that"!

Workshops at Stitch Therapy are suitable for all levels and are a great way of learning new skills,



or finding help with a project you may be stuck on. The sessions are also a great way to socialise and be inspired by others. As Natalie says: *"I have taught complete beginners, home ed students, hobbyists and also experienced crafters .*

You can find Stitch Therapy at 16 Place Lane, Seaford, East Sussex, BN25 1LA. Learn more on TikTok and Instagram by

searching StitchTherapyOfficial and on Facebook at StitchTherapySeaford

Find out about how Edeal can help you, visit www.edealgroup.org

Edeal Business support is funded, thanks to our partners at Eastbourne Borough Council, Lewes District Council and Wealden District Council.



Loch Associates Group cements itself as Sussex's leading law and HR specialist by opening a second office in Eastbourne

Loch Associates Group, which has offices in Brighton, Tunbridge Wells and London, has expanded into East Sussex, opening up a new Eastbourne office after doubling turnover and clients in just three years.

The business' expansion is testament to Loch Associates' position as the only business in the Sussex area that offers such a broad range of both HR and legal services. Uniquely, Loch Associates also provides vital assistance in training and wellbeing and mediation which helps organisations manage their staff whilst strengthening their business.

Having been appointed as a Partner, Victoria Regan will head up Loch Law's team on the South Coast. Victoria brings with her more than 20 years of employment law experience, having previously served as a partner and head of Employment at another firm, managing their team of HR Consultants. Loch Associates also welcomes Ella Lewthwaite who will be joining Victoria as a Paralegal at the Eastbourne office.

Regarding Loch Law's new Partner, Pam said: *"Victoria is a leading individual in employment law and HR and her expertise and experience will ensure we are*

providing the best service to our clients as we continue to offer an extensive range of solutions to meet our clients' needs.

"Our continued expansion is largely enabled by our growing reputation as a trusted alternative to traditional law firms and being able to offer such a wide range of services to businesses under one roof, something that is unique in the Southeast," added Pam.

Loch Associates Group offers clients a range of services from one trusted partner. Services include employment law, dispute resolution, commercial business services, HR



consultancy, learning solutions, health and safety, training and wellbeing, and mediation services, to ensure clients have access to a range of services from a single trusted partner.

To learn more, please visit: www.lochassociates.co.uk

New members for March

Old Town Hub CIC • NU Beauty Lounge • South Coast Marketing Collective • KSB Waste Management • EST Training and Consultancy Services • Gorilla Squad Security • PXLWave Limited • Digital Legacy Owl • Rob Slater Not Just Travel • South East Solar and Storage • Eastbourne Dementia Action Alliance • The Manse B&B • Data Simplicity • The Stop Eastbourne • Print Matters

Embark on an adventure of discovery with a luxury cruise and travel showcase at The Grand Hotel this May

Travelosophers by Gareth Harding is hosting an unmissable travel exhibition at the Grand Hotel this May, the ‘Luxury, River, Small-Ship & Expedition Cruise Event’.

The showcase takes place on Sunday 12th May at The Grand hotel over two sessions, 10am-1pm and 1pm-4pm, with guests welcome to attend either, or both.

During a 25 year career, Gareth has established strong relationships with the best names in luxury cruise and travel and is dedicated to hand-picking the experiences that make your holiday unique.

The Luxury, River, Small-Ship and Expedition Cruise Event will give visitors access to a broad range of providers, offering the highest

standards of accommodation, cuisine and service. Many are specialists in their fields and feature marine biologists, naturalists, geologists, and astronomers onboard.

At the event, there is a world of travel experiences just waiting to be uncovered in destinations like Europe, Asia and Australasia, plus many less travelled places from the Arctic to Galapagos.

As well as presentations from operators throughout the day, there will be entertainment from Abigail Deeks (violinist) and Vanessa Seargent (singer), plus LadyM Ladieswear Boutique from Newick will be putting on two fashion shows.

Gareth will of course, be present, too - meeting guests and introducing them to his businesses -and helping



plan your next holiday, tailored to match your own, unique Travel Philosophy.

As Gareth explained: *“Returning to the travel industry 18 months ago, I am incredibly excited to bring a showcase of the very best luxury, river, small-ship and expedition cruise operators to the people of Eastbourne and East Sussex. The products I offer are incredibly varied, much smaller and more intimate, with a focus on taking*



guests to the very heart of the destinations which they visit”.

To find out more about Travelosophers by Gareth Harding, and to book your complimentary tickets to the Luxury, Small Ship & Expedition Cruise Event, please visit, find him on Facebook or email gareth.h@travelosophers.com

Hailsham Based Nic Gray PA Gets Seal Of Approval From Dragon Theo Paphitis

Virtual Assistant Nic Gray was one of six winners to gain a repost by business legend Theo Paphitis.

The post, which reached an audience of over half a million on Twitter and Instagram, was part of a weekly initiative set up by Theo in 2010. #SBS has since announced 4,000 winners, which it continues to support and champion.

Small Business Sunday winners are part of an online community, with their own Facebook group

and website, dedicated to profiling their businesses. Past #SBS winners gather each year for an inspiring and informative event hosted by the entrepreneur and self-confessed Shopkeeper himself.

Theo Paphitis said: *“To this day I’m still gobsmacked that something I started from my kitchen counter one Sunday afternoon has since catapulted to become one of the UK’s leading small business networks, offering an annual event,*

exclusive industry-access and a platform to upskill and take their business to the next level – all free!”

Nic said *“I’m still pinching myself that this has happened to me. I’ve been networking for over 3 years and have met many small business owners in that time. I have a huge love of supporting small businesses and am absolutely thrilled that I’m a part of such a supportive community of empowering business owners.”*



If you are looking for a Virtual Assistant specialising in admin, bookkeeping and social media, you can contact Nic Gray at [Nic Gray PA onnic@nicgraypa.com](mailto:nicgraypa.com)

Join today and reap the rewards!

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

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

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Catherine & Edward



THE LANSDOWNE

Allo' Allo
Comedy dinner

Sat 27 April



Polegate



East Sussex based AltNet Lightning Fibre – founded in Eastbourne in 2018 – has started to turn Polegate into a gigabit-town.

When completed, this will make Polegate one of the best connected towns in the UK, with average download speeds at least three times faster than delivered over the old copper network currently used by most homes.

Read more on page 27.



Upgrade to Full Fibre Broadband
www.LightningFibre.co.uk





Charlotte Clarke

Charlotte is a property solicitor who recently joined us and brings with her a wealth of experience in dealing with complex transactions. Leaseholds, New Builds, Transfers of Part - Charlotte can handle it.

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Jan Hollands

Jan is an experienced Chartered Legal Executive with over 25 years in property law. Her friendly manner and clear communication has made her a go-to for anyone with property law queries, particularly first-time buyers.



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Valhalla Tattoo Studio

VALHALLA Tattoo Studio has celebrated its first anniversary – and it's been a very successful first 12 months.

By **Peter Lindsey**

And it's not hard to see why when you enter the shop at 7 High Street, Polegate.

Manager and co-founder Lee Hillier and wife Michelle are building up a great business. It was recently named Best Tattoo Studio locally in a Business Awards and is the highest rated tattoo studio in the Eastbourne area.

Officially, it's a tattoo parlour and Lee explains it is 'more of an art studio that does tattoos.'

He said: "We are Nordic-inspired and we have a slightly different feel. We are friendly and you are guaranteed a warm welcome."

There are three artists – Michelle, Jacob and Katie.

Lee said: "Each tattoo is created in a private room, and for Michelle 80 per cent of her clients are female.



"That's because you get a different experience with us. From the moment you walk through the door, we are inviting, engaging and relaxing – our work is exceptional.

"It is a form of art on your body for the rest of your life so we have to get it right – and we do."

Cost is £120 per hour. Customers are all ages, including a lady aged 86 who decided she wanted her first tattoo. And why not?



www.valhallatattooostudio.co.uk
Valhallapolegate@gmail.com
@ Valhallatattooopolegate
Valhalla Tattoo Studio



Lightning Fibre

Hyperfast Broadband

LIGHTNING Fibre are making a huge difference in Polegate.

By **Peter Lindsey**

Lightning Fibre started rolling out 'fibre to the premises' in Eastbourne from October 2020, and can now connect homes and businesses to its symmetric Full Fibre network in Polegate.

With a multi-million pound investment secured in 2020, the firm has improved the connectivity of thousands of homes and businesses across East Sussex.

The company takes a 'community-centric' approach, supporting local charities, events and good causes.

Polegate Mayor Dan Dunbar said: "I'm impressed by this company's community focus, and delighted to welcome a brand new, locally-operated network to our town.

"Despite the inevitable disruption of an infrastructure project of this scale, *Lightning Fibre* engaged with the Town Council, ward councillors and local residents when issues arose, and worked quickly to rectify any problems.



"Full Fibre is the fastest and most reliable broadband technology, and I'm pleased Polegate is at the forefront of the 'broadband revolution' currently underway across Britain."

Rob Reaks, *Lightning Fibre's* Sales and Marketing Director, said: "New networks like ours will bring long-term benefits to consumers in terms of price, choice and reliability.

"We have thousands of happy customers, with an 'excellent' 4.8 star *Trustpilot* rating, in part due to our outstanding customer service team based at Moy Avenue, Eastbourne.

"Customers are choosing our local network rather than using the national, mainstream providers, because they understand this benefits their community – through local job creation, event sponsorship and charitable support."



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Wonderful St Wilfrid's

APRIL marks five months since *St Wilfrid's Hospice* opened their shop in the heart of the Polegate community, and the shop is going from strength to strength.

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

The store, next to the station on the High Street, is brimming full of pre-loved items generously donated by local people. From soft furnishings to books, children's toys to kitchenware and dresses to suits there is something in there for everyone.

"It's been wonderful to have been given such a warm welcome in Polegate," said Jackie Gordon, Head of Retail at *St Wilfrid's*. "The local community has been hugely generous in donating and buying goods, and we are delighted to see a high number of returning customers each week."

time to sort stock, keep the shop floor topped up with treasures and to serve customers. "We simply couldn't do it without our wonderful team of volunteers," said Jackie. "They are a lovely bunch in Polegate, and we're always looking for people to join us. No matter what your skills or experience, there is a role for everyone in our shops and we'd love to hear from anyone interested in spending a few hours a week with us."

that raise vital funds for the hospice. Together, they make a huge difference to the care and support given to patients across Eastbourne and the surrounding areas. "Two-thirds of our funding comes from fundraising, shops and gifts in wills," explained Jackie. "Without the support of local people we wouldn't be able to offer expert care to people at the end of their life."

You can find out more about *St Wilfrid's Hospice* shops, including opening times, locations and information about how to donate, at stwhospice.org/shops

Keep up to date with the latest news from *St Wilfrid's* shops on *Facebook* ([StWilfridsShops](https://www.facebook.com/StWilfridsShops)) and *Instagram* ([@StWilfridsShops](https://www.instagram.com/StWilfridsShops))



Volunteers are vital to the success of the shop. They donate their



The Polegate shop is one of 11 *St Wilfrid's Hospice* shops



On the go

ON THE GO is a greeting card and gift shop in Polegate situated by the railway crossing.

By **Peter Lindsey**

There is free parking in the layby outside and in Polegate's free car park behind the Co-op by the station.

Greeting cards

The shop has more than 1650 different cards for sale at any time of year.

All seasons are covered – Easter, St. George's Day, Father's Day, Christmas, Valentine's Day, St Patrick's Day and Mother's Day.

Plus there is always a range of cards available from the traditional family titled cards to the more specific and general aged titles.

There are also more than 30 designs of pop-up cards. They make a very big impression without breaking the budget.

Handmade in Polegate

One unique feature is their "Handmade in Polegate" – products made by talented local artisans and sold here.

There are also knitted products, including egg cosies, hats and



gloves, cross-stitch coasters and keyrings, jewellery, wooden decorated boxes and cheese boards, and children's hair clips.

Gifts

There are gifts galore, including glassware, photo frames, mugs, wine and craft ale glasses, scented candles, pens, magnifiers, soft toys, stationery and relative-themed gifts.

They have all the wrapping covered for your gifts too.

Open 9am – 5pm, Monday to Saturday.



**47 High Street
Polegate BN26 5AB
Tel: 01323 484101**

The Sussex Downs Scarecrow Festival
20TH - 27TH JULY 2024
 Polegate, Willington, Hampden Park & Ratton

Raising funds for:

- Chestnut Tree House (Children's Hospice Care) Reg charity no. 256789
- CHILDREN'S CANCER FUND Reg charity no. 1110644
- amaze Reg charity no. 1078094

Community Summer Fun Day
 Saturday 27th July
 Leisure Ground
 Brightling Road, Polegate

polegatecommunityfoundation.org.uk
 Share using #SussexScarecrows
 @PolegateCF
 events@polegatecommunityfoundation.org.uk
 polegatecommunityfoundation.org.uk

Community Summer Fun Day

SATURDAY 27TH JULY 2024
11AM - 3PM
 Brightling Road Leisure Ground, Polegate
Fun for all the family

Model Railway • Crafts & Gifts
 Meet your Emergency Services
 Local Businesses
 Live Entertainment
 Picnic in the Park • Street Food
 Refreshments + lots more

Brought to you by:

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- amaze Reg charity no. 1078094



More than skips

RESIDENTS of Polegate will no doubt be familiar with the distinctive blue trucks and yellow skips of local firm, PJ.

By **Gail McKay**

With 13 skip trucks on the road and over a thousand skips on sites across Sussex, PJ is now one of the South East's most well-established skip hire operators.

1980s

The company started with just one skip truck and a handful of mini skips in the early 1980s. Now employing nearly 50 people at the recycling centre in Polegate, PJ offers more than skips, with waste haulage, tipping and management services. The fleet of over twenty vehicles includes three 32T 8-wheel tippers for supply of aggregates, two high-spec road sweepers, a roll on roll off lorry for large commercial projects and an artic unit.

New clearance service

Operations Director, Joel Westguard, spoke to us about *Pick Up*, a new 'man and a van' clearance service launching in April:

"Like many local residents, we're disgusted by the fly-tipping that blots our landscape. Not only is this damaging to human health and the

environment, but most people don't realise that they can also be given a hefty fine if rogue rubbish collectors dispose of their waste illegally. We're committed to reusing and recycling as much as possible from our fully licensed waste transfer station, so customers can rest assured that their waste is disposed of responsibly.

Friendly service

At PJ we pride ourselves on delivering a fast, reliable and friendly service – and the same goes for *PJ Pick Up*. Some of our customers don't have the space or budget for a skip or road permit. Or they need some extra manpower to do the heavy lifting. *PJ Pick Up* is a quick, safe and cost-effective alternative."

Harriet Hamer added, "People are at the heart of what we do. As an independent family business, we know we are nothing without our team. We work hard to recruit the best talent, provide quality training and make sure everyone feels part of the PJ family. It's an exciting time for us as we continue to invest in the team, our fleet and the recycling centre."

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A place in the community

POLEGATE Community Association has been in existence for more than 60 years.

By **Gail McKay**

It is an independent organisation which owns, runs, and maintains the Polegate Community Centre for the use of the people in the area for leisure activities.

The Centre

The Centre comprises a large Hall, (*The Henry Twine Hall*), two smaller rooms (*The Lounge* and *The Activity Room*) and two

committee-sized rooms, together with kitchens and toilets.

There are *Healthy Living* fitness classes for older people, arts and crafts activities, groups for children, bingo, fitness groups as well as Saturday coffee mornings. The chair, Patricia Payne, is particularly proud of the warm hub. During the energy crisis last winter, they applied for a grant from the *Town Council* to provide a safe warm environment and alleviate isolation for residents.



You don't even have to be a member to come, but if you are, its £5 per year and you will receive a bi monthly magazine 'The Community News' with news and events.

polegatecommunityassociation.org.uk
01323 482434
polegatecc@gmail.com

Licensed Club

The Windsor Club is a hidden gem located within the centre. They are a private members club and host live bands, Bingo, Race Nights, quiz

nights, weekly raffles on Saturday night and Sunday lunchtime as well as weekly cash risers, 'Open the Box' and a huge monthly Meat Raffle. It is free to play pool at the club, they have ladies and men's dart's teams and a golf society.

Well behaved dogs are welcome!

For membership enquiries:
The Windsor Club,
54 Windsor Way,
Polegate BN26 6QF
Tel: 01323 487618

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APT Health & Wellness

JON Morgan is a multi award-winning fitness professional with nearly 25 years of experience.

By **Peter Lindsey**

His passion for health and fitness saw him take up a variety of roles for a number of the industries leading companies before taking the leap of faith in 2006 and launching his own company, Advance Personal Training.

By 2016, the company had a home ... *Jon Morgan's APT Health & Wellness Centre, a private coaching*

facility providing a non-intimidating environment, friendly support and inspiring coaches. Jon prides himself on ensuring that each client's experience with him and his team will profoundly impact the rest of their lives.

Whilst being surrounded by an assortment of gyms, the *Wellness Centre* focuses on a more holistic approach, as well as rehabilitation. A safe haven for people anxious about starting their fitness journey, are uncomfortable going to traditional gyms and for clients who struggle



with obesity, emotional, mental and physical health conditions.

2023 saw Jon expand his team and launch his unique, award-winning *HIIT Fit* classes. Classes are 45 minute, full body workouts that combine strength training and bodyweight exercises. Classes cater for no more than eight clients at once, each having their own workstation, with no equipment sharing. *HIIT Fit* is suitable for all abilities and ages, with Jon and his team tailoring each exercise to suit each individual.

The 45 minute running times, small numbers and full body workouts have proved immensely popular with such a wide variety of people and have resulted in extremely high retention rates! So, regardless of your age or ability, if you're looking to begin your health and fitness journey and nervous about taking that first step, there is no better place to start! Best of all, you get your **FIRST CLASS FREE!!!**

Welcome to *HIIT Fit*:
<https://youtu.be/m253qjoeNtY>

Polegate Plodders

POLEGATE Plodders was formed in 2014 by two like-minded and keen runners Ian Weston and Brian Winn.

By **Chris Findlay-Geer**

Since then, the club has gone from strength to strength and now has more than 70 members.

With two qualified coaches (CiRF) and several qualified run leaders (LiRF) licenced by *England Athletics*, the club offers sessions for all running abilities throughout the week, whether it is a social run or specialist interval session for those wishing to improve their overall performance.

2024 sees the club celebrating its 10th anniversary and throughout the year the club is arranging special

events which have so far included a *Parkrun* visit to *Kingdom Parkrun* near East Grinstead and a litter pick around *Shinewater Park* in Eastbourne, where the local *Parkrun* event takes place. We hope that the highlight of the year will be when we visit *Bushey Park Parkrun* on 13th April, the home of *Parkrun*, and will be taking as many members to this as possible to experience one of the largest *Parkruns* in the world.

Many of the club members enter running events throughout the year and most recently 16 completed the *Eastbourne Half Marathon* on 3rd March, which is not only great for the club but a fantastic achievement for each of the runners too. Each



year we have representatives running events locally, nationally and sometimes internationally. This year we have members who have entered the *Brighton Marathon*, *Great South Run* and *Great North Run* to name but a few. We even have members running Ultra distances in the *UK Ultra* series on the South Downs.

The club enters the winter *East Sussex Sunday Cross-Country League*, along with *Seaford Striders*, *Tri-Temp* and the *Seafront Shufflers*. This year we came 3rd overall which is an amazing achievement for a group of clubs going up against more well-established clubs.

Each year in January we hold our annual awards evening where members are treated to a 3-course meal and where we celebrate the achievements of the previous 12 months, this is also a fantastic social event for everyone involved in the club.

The club is very friendly and supportive of members old and new and membership is always available and at a competitive price compared to other local running clubs.

Please visit: <https://polegateplodders.wixsite.com/polegate-plodders> for more details.

POLEGATE



WE ARE RESPONSIBLE FOR

PARKS - Oakleaf Play Area
maintenance and safety and
Brightling Road Leisure Ground
meadow, skate park, outdoor gym,
basketball court, informal football goals,
trees and picnic benches in the
entrance field, meadow and main field
Allotments - Cophall and Gosford Way
Benches • Dog Bins • Flowers
Grass Cutting (East Sussex Highways
responsibility but PTC carry out additional cuts)
Litter in parks and council owned land

Parish owned Street Lights
(lettered columns)

Toilets - (Council Garden)
NB: Toilets at Wannock Road are part of
the Community Interest Company

Wooden Bus Stops

**Polegate War Memorial
Recreation Ground** is
managed by the **Community Interest Company**,
not Polegate Town Council
pwmrgcic@polegatetowncouncil.gov.uk

Contact: admin@polegatetowncouncil.gov.uk
Mayor and Deputy Mayor - available for civic and social events
Please contact the office **01323 488114**

Wealden District Council

Bins and rubbish including fly tipping
and street scene

Business rates • Council tax

Car parking (off street) • **Tourism
Enforcement • Housing • Planning**

Litter in High Street and streets

Road Sweeping

Environmental Health

(rats, pigeons, seagulls, noise)

01323 443322

CAB (Wealden Citizens Advice)

Appointments can be booked in Polegate

0300 330 9022 or **03444 111444**

Network Rail

Black Path overgrowth • Network Rail Car Park
Porters Way hedges

03457 114141

East Sussex County Council

Education • Social Services • Estates
including old library grounds in Windsor Way,
car park hedging and fencing

0345 60 80 190

Highways

**Hedges • Highways • Overgrown hedges
Parking on street • Pavements • Yellow lines**

Pavement gully clearing • Potholes

Roadside trees overgrown or dead

Street lighting (numbered columns)

Weeds in road

0345 60 80 193

Highways England

A22, A27, A22-A27 Cophall Road
Lighting and verges on trunk roads

0300 123 5000

Clear Channel

Glass/Perspex bus shelters with adverts

0800 731 3699

Please note that the car park, Roy Martin Way and the grass near the Co-Op is privately owned and not under the control of the town council. If you live in Tower Mill area, Clement Lane and beyond Southfields, Farlands and beyond you are in Willingdon and Jevington Parish Council boundary. Their offices can be contacted on **01323 489603**

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*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.

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Leisure Walkers

WHERE are all the best tea shops in the local area?

By **Gill Mattock**

Most ramblers are familiar with the locations of all the toilets, churches and tea shops within a 20 mile radius of Polegate as each of these performs an important function when they are out and about.

Although they're not averse to a prickly hedge, proper toilets are a treat and welcomed gratefully. Churches not only provide a quiet place to reflect for a few moments but their porchways are really useful for lunch and coffee stops particularly if the weather turns nasty (and some of them even have a toilet!). But tea shops are everyone's favourite, a real treat at the end of a day's walking providing a very welcome cuppa and an assortment of delicious cakes before heading home.

If you don't believe me, you only need ask *Polegate Ramblers' Leisure Walkers* – they've been to most of them! Using their bus passes to get to their starting point, their walks average 1½ – 3 miles with no steep hills or stiles. They walk at a leisurely pace and always end with a cafe for coffee, cake and a chat. If you can get

there on a bus, they probably go there – exploring areas from as far afield as Rottingdean, Bexhill or Heathfield and everywhere in between. They meet once a fortnight on a Thursday usually in Polegate High Street. Some of them have been part of the long or short walking groups in recent years but find that they are now happier with a more leisurely stroll which allows them to appreciate the surrounding countryside as well as the conversation of fellow walkers.

If you haven't walked for some time, are recovering from an injury or operation or if you just want some company and gentle exercise, the *Leisure Walking* group might be an ideal starting point to 'test yourselves out'. They are a small but very friendly group with varied interests. Why not give them a try? You would be very welcome. And don't forget your bus pass (or £2 bus fare if you are lucky enough to be under retirement age).

Further details can be found on the website:

www.polegateramblers.org.uk
or contact Sue Taylor, the Leisure Walk Coordinator, (Tel. **01323 482441**) after 5pm.

Free help to quit smoking



SMOKERS in East Sussex could be spending as much as £351,000 every day between them on cigarettes, says healthy lifestyle provider *One You East Sussex*.

By **Gail McKay**

Statistics show that smokers in the UK are smoking an average of nine cigarettes each every day.

With around 13.7 per cent of the adult population of East Sussex estimated to be smokers, equivalent to approximately 62,500 people. This equates to 28,125 packs of cigarettes at an average price of £12.50 per pack.

But help is available. For current smokers over 12 years and resident in the county, *One You East Sussex* stop smoking advisers can support for those who want to stop.

A maximum of 12 free appointments are available, along with free *Nicotine Replacement Therapy (NRT)* including e-cigarettes to help you remain smoke-free. You are three times more likely to quit for good with support.

Someone who has benefited from the service and has now successfully quit is

68-year-old Dereck Chambers from St Leonards, who had been smoking since the age of 14 and quitting has helped him save about £300 per month.

Derek said: "I had tried to quit two or three times before and going cold-turkey works for a while, but it's impossible to sustain it.

"What was different this time was having a coach whose support was totally non-judgmental.

"Not only has it made a financial difference, but my health has certainly improved. My lung capacity is better. I've also already recommended the service to other people several times."

Another successful quitter has been Kathryn Bramley from Seaford, who

had been smoking ten cigarettes a day for nearly 20 years.

Kathryn said: "I had been trying to give up for about five years but each time I found that I was restarting.

"This time, though, the support I was getting from my Stop Smoking Advisor made all the difference."

"No matter how long you've smoked for, quitting can help improve your health as well as your pocket straight away," explains Dan Ford, Engagement and NHS Health Check Lead at *One You East Sussex*.

Our services are free of charge and can be accessed over the phone on **01323 404600** or on our website at: www.oneyoueastsussex.org.uk

Anyone can do Pilates

ONE of the most popular fitness trends right now is pilates. It is suitable for all ages, sexes, and fitness abilities.

By **Gail McKay**

It's huge on tik tok, introducing a whole new generation to the benefits of core strength.

As well as strengthening, improving flexibility, posture, and your core, it can help with lung capacity and circulation. The benefits are not just physical, it also helps with stress management and relaxation.

A typical Pilates workout includes several exercises and stretches, aiming at strengthening as well as allowing more flexibility.

Tracy Fuller has been teaching Pilates in Eastbourne for many years, holding 12 classes in Pevensey Bay, *Harbour Community Centre* and at *St Agnes's Church Hall* on Whitley Road.

Her classes are mixed, and the emphasis is creating a relaxed atmosphere where everyone feels welcome.



Tracy offers a free 25 minute assessment, where she will advise on which class is suitable for the individual's strength and mobility.

Tracy is a strong advocate for everyone to try Pilates. 'I help people relieve aches and pains. The purpose is to make people stronger. Which has a huge positive impact on their lives. This is crucial as we get older.'

She has also converted her home office into a one to one studio offering one to ones either on the mat or on her reformer machine which can be used to target various issues that the client may have.

For more information on her classes or to book an assessment visit her website www.eastbournepilates.com/timetable



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The Arts



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 THEATRE**

newartgallery

is working with **The Lansdowne Hotel** on a series of pop-up galleries throughout the year, mainly the first weekend of each month, the dates are listed below.

The next exhibition, 13th and 14th April, will be **Dick Segal's** fantastic, and colourful, interpretation of the Beatles songs. His other, unusual and very interesting work, will be displayed on a monitor.

(There will be a competition to name the Beatles songs that are on display, through Instagram, [newart_gallery_eastbourne](https://www.instagram.com/newart_gallery_eastbourne). A small prize for the right answer but you have to bring it into the gallery! And the first person to bring it in will get a bigger prize.)

Also featuring select artworks by **Mark Munroe-Preston**, these are photographic images of trees and landscapes that have been digitally enhanced before being printed onto aluminium sheets. Intriguingly, the title of each artwork piece corresponds to GPS coordinates, guiding you to the exact location of the depicted tree. This offers a unique, contemporary twist to the traditional theme of landscape art.

Further exhibitions:

May 4 / 5 June 15 / 16 and 29 / 30 July 6 / 7 and 27 / 28 August 10 / 11

September 14 / 15 October 5 / 6 November 2 / 3

December to be announced.

From 10am until 5pm

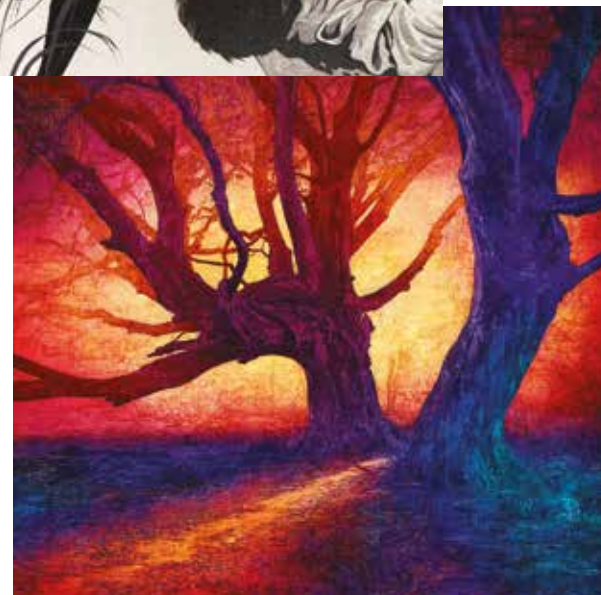
The Lansdowne Hotel

King Edward's Parade, Eastbourne BN21 4EE

info@newart-gallery.co.uk www.newart-gallery.co.uk

Tel: 07970 549873

Invest in art that you Love





A gallery for all

A VISIT to Pennie at *Gallery@42* is always a joy.

By **Gail McKay**

It's such a warm, welcoming gallery.

The exhibition, *Threads*, celebrating Women's History Month, curated by Renee Rilexie, was on at the time and the walls were ablaze with inspirational art by women from all over the UK including Sussex.

In collaboration with Renee and the *Artists' Pool*, Pennie has staged imaginative diverse shows welcoming artists both local and not so local. *Gallery@42* recently hosted an exhibition of the work of the late **Alexander Sadlo**, a Czech artist who brought modernism to Australia in the 50s. This fabulous show was a great hit culminating in an operatic performance by Lucie Kankova who moved the room to tears with her rendition of *Ode to the Moon* by Anton Dvorak.

Eastbourne Calendar

Essential refurbishment will be carried out during April however May 2nd sees local artist **Richard Olyphant** bringing his exceedingly colourful vibrant work to the South Street Gallery. *Gallery@42* is also an active

part of **Eastbourne's Open Houses and Studios** art trail last weekend in May and first in June. *The Arts and Food festival* in *Little Chelsea* will also feature in the Gallery's schedule so watch this space.

Gallery@42 Ethos is to help and encourage artists, both young and old to express themselves and find their audience. Pennie and Renee really want to help be part of an artist's journey to fully expressing their talent and gift.

Gallery@42 is for all, everyone is welcome to visit and should you be a wheelchair user then please phone a head so we can place our ramp out for you.

Pennie's Pet Portraits

Pennie has always worked as an artist and her favourite subjects now are furry ones. If you would like a pet portrait for yourself or for a loved one, please call Pennie or drop into the gallery Thursdays to Sundays 12–6pm.

07703 452554
galleryat42@gmail.com
@ galleryat42

42 South Street
Eastbourne BN214XB

What is the Bavard Bar?

A FREQUENTLY asked question in Eastbourne is increasingly, "So what is the *Bavard Bar*?"

By **Harry Farmer**

More and more people have heard the name, and increasingly more are packing out the Towner cinema every 2nd Wednesday of the month. But what is it?

Speaking to the show's creator, Tim B'vard, it seems even he is not fully certain. From the French verb 'bavarder', meaning 'to chat', the show comprises three impassioned speakers drawn from our community, sharing their stories and loves. But that is somehow the tip of the iceberg, as each month we are treated to a feast of live entertainment including a mix of comedy, music, art and improv, as well as uplifting and inspiring tales.

Over the nearly seven years the show has been running we have heard and experienced the most extraordinary stories. Those that were there will never forget the remarkable tale of 'Wojtek the Bear' for example, re-told by the son of a man who was a member of the Polish regiment of which Wojtek became part of. Or the not so secret 'Secret Nuclear Bunker' of Kelvedon Hatch in Essex. Or the ancient Sussex sport of 'jingling', sadly no longer played...

In truth the only way to really know what it is, is to come along.

www.bavardbar.co.uk





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U Migration



12A Madame Web



12A Million Dollar Baby



12A Dune: Part II



12A Les Misérables
(Re-Issue)



12A Ghostbusters: Frozen
Empire



15 Drive-Away Dolls



U Luca



15 Mothers' Instinct

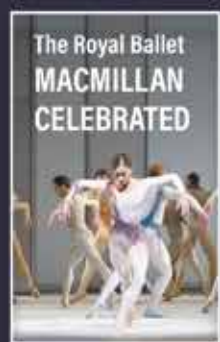


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15 Back To Black
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Annual art exhibition

EAST Dean and Friston Art Group is holding its annual Art Show in May in the Village Hall.

By **Peter Lindsey**

It will be open on Saturday 4th May from 2pm until 5pm, then from 10am until 4pm on the Sunday and Monday.

Entry is free and tombola and raffle donations will go to *The Beachy Head Chaplaincy*, *Children with Cancer Fund* and *The Matthew 25 Mission*.

The exhibition will showcase what these enthusiastic artists do at their weekly painting sessions and will shed light on

the talent and diversity of styles and subject matter within the group.

A wide range of original paintings and cards will be for sale, including landscapes, figures, still life, birds, animals and abstract in a range of media. Payment will be by credit card or cash.

Sue Currie, Chair of ED&FAG, said "We are delighted to have the chance to exhibit our creations and raise funds for three worthwhile charities.

"If anyone is interested in joining our group, please call into the Village



Hall on a Tuesday morning (from early September to the end of May) to see us in action and have a chat."

The *East Dean and Friston Art Group* has existed for over 40 years and aims to bring together artists of all abilities, who share a love of painting and drawing in any medium,

to provide a forum for members to paint, to exchange skills, techniques, ideas and inspiration, and to enjoy the company of their fellow artists.

Contact Liddy Davidson on **07789 776061** or email **Liddypmd@gmail.com**

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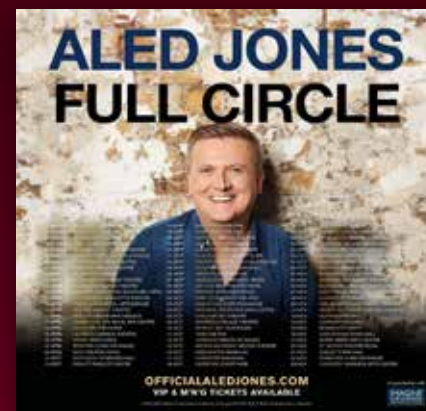
ROYAL HIPPODROME THEATRE



Bingo That's Bonkers!
Saturday 6 April



Goldilocks and The Three Bears
Thursday 28 March - Wednesday 3 April



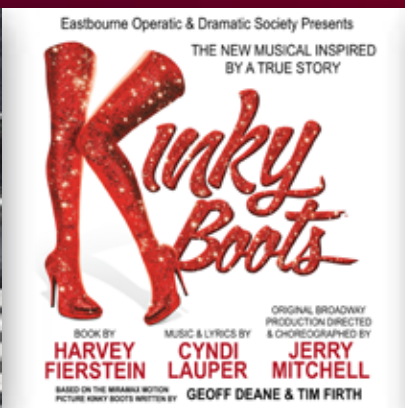
Aled Jones - Full Circle
Wednesday 10 April



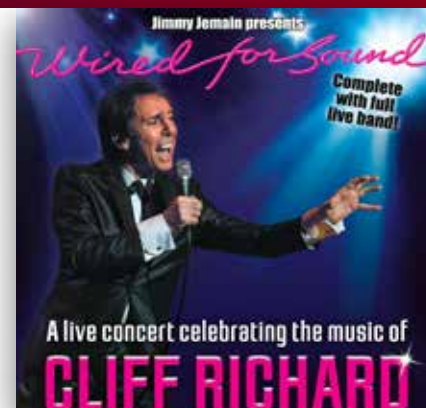
An Evening with Simon & Oscar
from Ocean Colour Scene
Thursday 11 April



The Kilkennys
Friday 13 April



EODS: Kinky Boots
Wednesday 17 - Saturday 20 April



Wired for Sound
Sunday 21 April



Forbidden Nights
Thursday 25 April



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Green and pleasant

THANKFULLY, April's here and spring has finally sprung! Expect the inevitable April showers this month but with sunny days too, when you can focus all your attention on the garden. As the weather warms up and early flowers start to bloom you will find that there's a load of jobs to do outside and in the greenhouse. It's an exciting month with daffodils and flowering trees starting to bloom and indoor-sown seeds well into growth. It is also time to start sowing outdoors but just watch out for any frosts. Easter is behind us, the clocks have gone forward, so let's hope all the dreadful wet weather has gone away and we can finally enjoy some pleasant time outdoors with family and friends.

By **Geoff Stonebanks**

I've just finished delivering a series of 10 talks over the winter months, about my own garden and gardening by the sea generally. It is about now that garden clubs, horticultural societies and WI groups start looking for speakers for their next season! Over the years I've presented over 100, so, if you know of any groups or societies that are still looking for speakers across Sussex or the borders of Kent and Surrey this autumn or next spring and beyond, please get in touch.

The Bluebell Walk 2024

This year the well-renowned *Bluebell Walk* is open every day from the 10th April until the 14th May from 10am to 5pm. Since 1972, the Arlington *Bluebell Walk and Farm Trail*, based at *Bates Green Farm*, has developed into seven interesting walks over three working farms. A circular walk of 2/3 a mile in *Beatons Wood* has been made suitable for wheelchair users. This is where you see white anemones followed by the vistas of bluebells, established over centuries. On this walk there are seats for you to enjoy the peace and tranquility of

this oak and hornbeam ancient wood. Along the walks there are signs illustrating the flora and fauna of the countryside for your information. Full details at www.bluebellwalk.co.uk

Pressure cleaning in the garden

This month, one of my main gardening activities will be to tackle the algae growing on the hard surfaces. Contrary to popular belief, they do not damage what they are growing on, but can cause the patios and steps to become very slippery. I use a high-pressure washer to remove it from the paths, it's easier at this time of year before too much has grown. I am always amazed how effective it is with, using the circular spray nozzle rather than a fan, straight line one. It just seems to sail through the task. While you've got the machine out, why not try it on any sculpture or furniture you have in the garden too. My garden has a lot of marine rope that used to tie the ferry up in Newhaven. It's used to create border edges or laid decoratively across grass banks and gets very dirty throughout the winter. A quick spray with the pressure cleaner and it comes up white and good as new.

National Garden Scheme

This month the scheme has an interesting new garden opening across the weekend of the 13th and 14th. The iconic, *5 Coastguard Cottages*, overlooking the *Seven Sisters* (pictured in header) will open the gate for the very first time from 10am to 5pm, serving homemade teas with a view! Not to be missed. On the 6th and 7th of the month, *Butlers Farmhouse* opens between 2pm and 5pm in Butlers Lane, Herstmonceux and across the weekend of the 27th and 28th, *Banks Farm* in Boast Lane, Barcombe will open between 11am and 4pm. Another great afternoon

out can be had on the 20th, visiting the secret gardens of Winchelsea between midday and 4pm. Full details on all openings can be found at www.ngs.org.uk

Time to take softwood cuttings

This time of the year is a perfect time to take softwood cuttings from new, young shoot growth on deciduous plants such as pelargoniums, fuchsias and penstemons. Pick non-flowering shoots, trim off older leaves, dip in rooting powder and plant into small pots of cutting compost and water well.

Feeding regime

I'll be starting my feeding regime to ensure all the plants and shrubs look their very best for my garden visitors this Summer. I have a large collection of shrubs, which provide a variety of fragrant flowers, berries, autumn colour, foliage and coloured stems. In addition, they add shape and a basic structural framework to the plot and provide shelter and are a great food source for wildlife. No matter what, they are, they all get fed throughout the season. The product is soluble and I water by hand, with a watering can, a task that can take me up to four hours! You don't have to be so meticulous as me but feeding will help get the best from your plants.

Read more of Geoff's garden at: www.driftwoodbysea.co.uk

Geoff is a multi-award-winning garden owner, garden writer & broadcaster. Driftwood has appeared on BBC2 Gardeners' World and was a finalist in Gardeners' World Magazine Best Small Space. See the amazing 5-star reviews on TripAdvisor. Read all about Geoff's work for the community, appointment as a Coronation Champion and trips to Buckingham Palace including 2 Royal Garden Parties, in 2018 and 2023. Read the many published features on the garden in national, local and worldwide media, including TV.

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