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VOLUNTEERS WEEK

LARGE 90s

Bournefree highlight the amazing work volunteers do across East Sussex.

Eastbourne-based band celebrate 10 years and Pride 2024 with Eastbourne show.

06/24

Issue 048  
June 2024

Pages 25-32

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# Bournefree

50 years of Eastbourne Tennis Week  
22nd – 29th June 2024



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page 5**

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### Images

Cover: Visit Eastbourne.  
 Health: Simon Berger.  
 The Arts: Various artists for  
 Sophie's Postcard.

**Our next edition will be  
 distributed from July 1st.  
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# Good times at Bournefree...

**IT'S been a great four weeks since I wrote our last column.**

By **Peter Lindsey**

**First, we have relaunched *The Hailsham Eye* – the latest addition to *Bournefree's* portfolio.**

The latest edition – and our first – is now available throughout Hailsham. It's work in progress and we can't wait to make it bigger and better.

*Bournefree* remains our key product – both online and in print.

Our Reach remains very high. Joe Wicks came to our seafront during May – a quick video I made reached more than 25,000 people.

This month's spotlight is on *Volunteers Week* – and it's great to go around town meeting so many amazing organizations, all doing some great work.

June is also Tennis Week in Eastbourne. It's a great pity our big Week is being downgraded from 2025. The council insists the world's best players will still come to Eastbourne. The proof will be in the pudding for next year.

As for this year, there's no doubt locals and visitors will flock to *Devonshire Park*. It really is a great week of tennis.

Carnival has just come and gone, and a big shout out to Mina. Without her, there would be no carnival. It was a great day, and we were proud to be a sponsor.

One of the privileges of this job is meeting great people. I recently paid a visit to *East Sussex Hearing* in Upperton Road.

Mark, Mary and co do some great work. They were telling me that so



often people leave it too late when they have hearing problems.

Get it sorted was their key message.

And if you can't be seen by your GP, reach out to *East Sussex Hearing*.

I also met Andy from *Sussex Footcare* – a perfect example of how a wheel run business can thrive. It's moved now to 8 Crown Street and no doubt will be busier than ever.

Talking to Andy, it's not hard to see why.

He is advertising with us in June – which has meant *Facebook* posts, Video, social media, online coverage and, of course, print as well.

Have a great June – and reach out to your *Bournefree* team.

## 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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# 50 years of Eastbourne Tennis Week



**THERE may be plans to downgrade the amazing *Eastbourne Tennis Week* in future years – but certainly not for this summer.**

By **Peter Lindsey**

**The annual pre-Wimbledon International Tournament is taking place at Eastbourne’s Devonshire Park from June 22nd–29th.**

It promises to be a memorable week once again as thousands of visitors will flock to our town. Tickets start from as little as £10.

Incredibly, the tournament has been held in Eastbourne since 1974. It is an event steeped in history and

has welcomed some of the world’s greatest tennis talent onto its courts, watched on by thousands of tennis fans and spectators every year.

2024 marks the 50th anniversary of the tournament and the 150th anniversary of *Devonshire Park* itself.

As from next year, Eastbourne is being downgraded but both our MP and Council Leader are confident it will still attract thousands of spectators.

Leader of *Eastbourne Borough Council*, Cllr Stephen Holt, said, “The announcement from the *LTA* is of course disappointing, however

*Eastbourne Borough Council* has invested to ensure that Eastbourne is a world class tennis venue and we will remain so for years to come.

“In 2009 we welcomed the arrival of the men’s *ATP 250* tour, creating a roll call of champions including the likes of Novak Djokovic, Andy Roddick, Taylor Fritz and Feliciano Lopez, and we are confident that a new *WTA 250* event will continue to provide a phenomenal standard of women’s tennis.”

For tickets go to: [www.lta.org.uk](http://www.lta.org.uk) and search for ‘*Rothesay International Eastbourne*’.



Rowena Bird.

By **Peter Lindsey**

**Industry legends Rowena ‘Ro’ Bird, Co-Founder and Product Inventor at *Lush Cosmetics*, and Adam Goswell, Tech R&D and Digital Principle at *Lush*, will ignite the stage with insights into groundbreaking technologies, ethical innovation, and a visionary discussion on the future of retail.**

“We’re thrilled to host such influential and forward-thinking minds at *DigiFest 2024*,” said Joel Fielder, CEO of

# Lush Cosmetics co-founder to speak at DigiFest 2024

**DIGIFEST – Eastbourne’s premier digital innovation festival – has unveiled an exciting lineup of headline speakers for its 2024 event.**

*Switchplane*, the minds behind event organisers *Chalk Eastbourne*.

“Rowena and Adam embody the spirit of innovation that drives our festival. Their unique journeys, passion for ethical practices, and transformative work at *Lush* are sure to inspire and challenge our attendees.”

The festival’s keynote session, affectionately dubbed “The Lush Hour,” will kick off with a fireside chat between Rowena and celebrated podcaster and entrepreneur Alex Chisnall (Founder of *Podpreneur* and host of the top-rated ‘*Screw It Just Do It*’ podcast).

Adam Goswell will then take the spotlight to deliver a presentation that offers a behind-the-scenes look at *Lush*’s remarkable history and its commitment to pushing boundaries in the beauty industry.

*DigiFest 2024* takes place on Thursday, 10th October.

Book your tickets at: [www.eastbournedigifest.com](http://www.eastbournedigifest.com)

If you are interested in sponsoring or exhibiting, please email: [hello@chalkeastbourne.com](mailto:hello@chalkeastbourne.com)



Adam Goswell.

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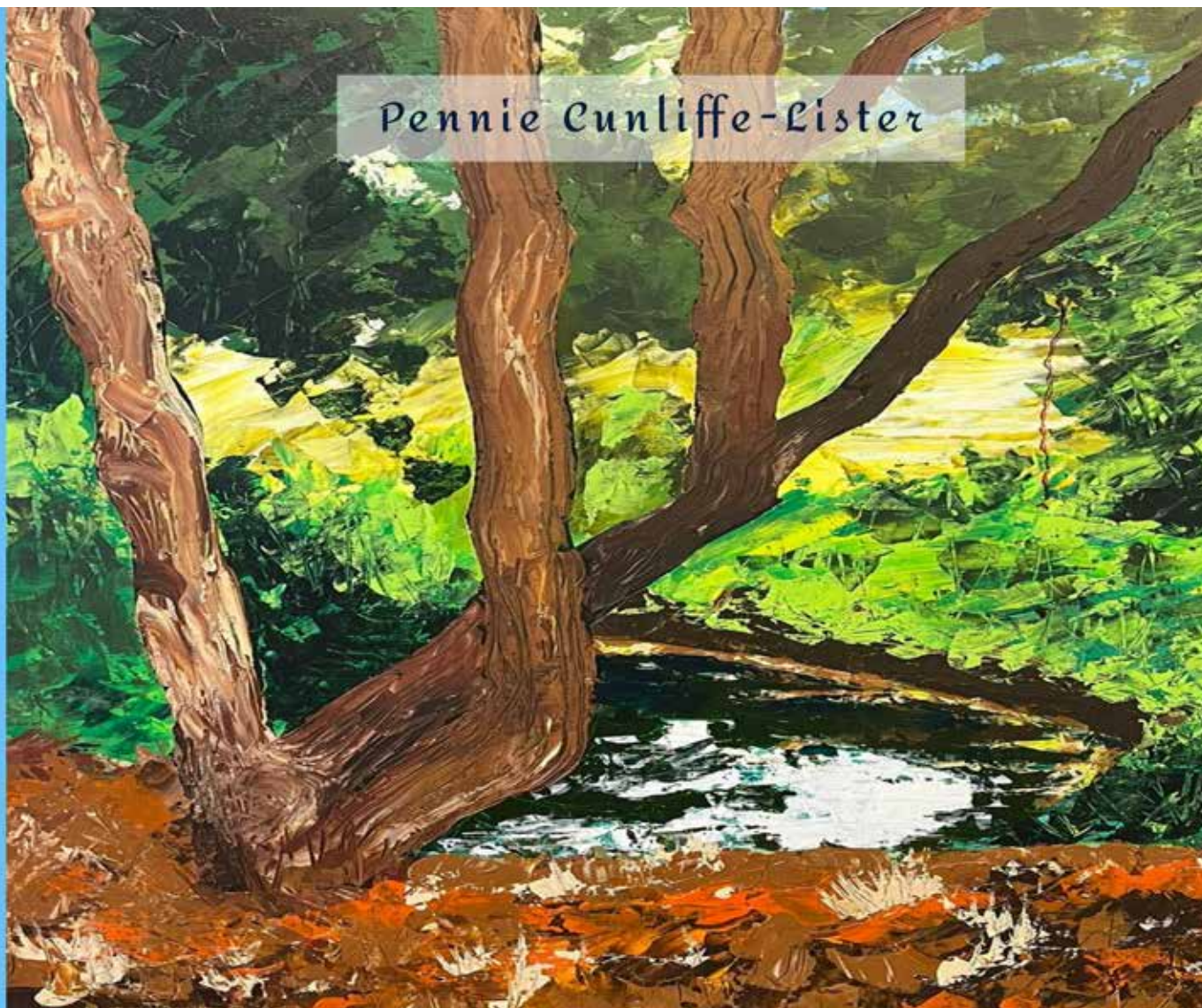


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# Lightning Fibre's Ice Rink returns

**WE love it – and will be back for 2024.**

By **Peter Lindsey**

**The Lightning Fibre's Ice Rink will return to The Enterprise Centre between November 29th and December 31st.**

Rob Reaks, *Lightning Fibre's* Sales and Marketing Director, said: "We are delighted to sponsor the *Lightning Fibre's Ice Rink* for a fourth consecutive year, demonstrating our ongoing commitment to supporting our community.

"Since the Ice Rink 'returned' to Eastbourne town centre in 2021, it has been enjoyed by tens of thousands of children and adults and drawn more people into Eastbourne during the busy festive period, benefiting many local businesses.

"We are particularly proud of the accessibility of the rink, which enables wheelchair users to get onto the ice and join in the fun."



The Enterprise Centre Manger Denise Harwood said: "The Centre are delighted to be working with *Lightning Fibre's Ice Rink* and the team at *Festival Events* again this year."

*Online Ticket Seller's* Company Director Christos Stylianou added "We are excited to be the ice rinks official ticket supplier, this is a great family attraction for the town at a very special time of the year".

The Ice Rink was brought back to Eastbourne in 2021 by the

*Eastbourne Business Improvement District* after a nine year absence.

*Lightning Fibre* have been the headline sponsor of the rink for four years. *Festival Events* took over the production of this popular festive event space in 2023. A wide range of local businesses make the rink possible through their hard work, sponsorship and support.

More information will be shared later in the year. We look forward to seeing you at the rink this Christmas.

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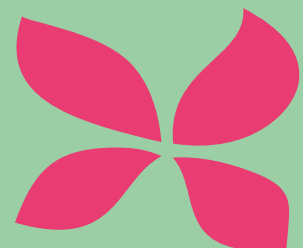
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# Beach walk offers men support ahead of awareness week



Photo: Caroline Hernandez.

**HEALTH bosses are encouraging men across East Sussex to join a beach walk to meet others and find out about local activities and support available to help with their mental health and wellbeing.**

By **Karen Bowles**

**East Sussex County Council-funded Parents in Mind, a volunteer led support service for new parents run by the National Childbirth Trust (NCT), has organised the event ahead of International Men's Health Week.**

The 7.6-mile walk takes place on Sunday, June 9, setting off from *The Kiosk in Helen Garden*, King Edward's Parade, Eastbourne at 9:30am.

Darrell Gale, Director of *Public Health for East Sussex*, said: "Talking is such an important part of looking after your mental health, but we know that men are less likely to talk openly about their feelings and the pressures they feel.

"Being a new parent, or a parent of young children can be incredibly stressful and that, along with the other daily challenges we face, can jeopardise mental wellbeing.

"*The Men's Beach Walk* is a great opportunity to meet others and find out what support there is locally and how you can get involved in a relaxed and welcoming environment."

The walk will take participants to *Sovereign Park*, before returning to *Helen Garden*. To register for the event, email [kevin.wishart@nct.org.uk](mailto:kevin.wishart@nct.org.uk)

*International Men's Health Week*, which runs from Monday, June 10th to Sunday, June 16th, aims to raise awareness about the health challenges faced by men and promote strategies for better physical and mental wellbeing.



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# Baby CIC appeal

**WE want to help local families in need.**

By **Peter Lindsey**

**That is the simple message from Nicky Walker, who has been running Baby Bank South Wealden CIC since December 2022.**

The Baby Bank covers Eastbourne, Hailsham, Lewes, Polegate, Heathfield and the rest of South Wealden.

Her mission is crucial – providing support to those who need it.

Nicky said: “The support is targeted at mums who are expecting a baby, or families of young children up to the age of around five, sometimes a bit older as

well and are struggling to get the things they need for their baby or child.

“We collect donated baby and children’s clothing, equipment, toys and bedding for families unable to provide the basics for whatever reason.

“At the moment, it is not donations we require, it is contact with the people who really need our support.

“We do work with social services and midwives but we are also here to help anyone who has a real need. Please reach out to us.

“Very often, we step in when circumstances change. It may, for example, be that big electricity bill



that arrives in the middle of winter, putting real pressure on families who then face tough choices, it could be that one parent is suddenly made redundant or is sick.

“That is when we are here to step in.”

Nicky has helped over 500 local children in the past 18 months and the *Baby Bank* is keen to help many more.

She said: “I am a great believer that just because times are hard, it shouldn’t mean children should go without good quality things.

“I receive a lot of strong support from local communities, and that help goes to those who need it. It’s so wrong that some families have to struggle.”

To contact Nicky, email: [Nicky@babybankbeyond.org](mailto:Nicky@babybankbeyond.org) or text /WhatsApp **07355 445502**.

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# Eastbourne and District Armed Forces Day 2024

**THE UK Armed Forces work around the clock to protect our way of life and defend UK interests at home and abroad. *Armed Forces Day* is our chance to say THANK YOU.**

By **Lisa Cosham**

And back by popular demand the Solent Stars Children's Motorcycle Stunt Team plus...

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- Military diving tank display.
- Veterans Associations.
- Military vehicles.
- Memorabilia display.



- Pipe band.
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- Climbing wall.
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- Fun fair.
- Children's entertainment.
- Food stalls.
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Plus other events throughout the day.

Come along, say THANK YOU to members and veterans of our armed forces and enjoy a FUN FAMILY DAY!

**The event is free to attend.**

Free entry on foot and just £5.00 to park all day.

**Saturday 29th June 2024**

**Five Acre Field, Lottbridge Drove BN22 7SG  
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[www.eastbourneanddistrictveteranscic.org/armed-forces-day](http://www.eastbourneanddistrictveteranscic.org/armed-forces-day)

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# Mankind hoping for a trip to the Palace

**AN Eastbourne charity has been nominated for the prestigious *King's Award for Voluntary Service*.**

By **Peter Lindsey**

**Mankind is one of nine organisations shortlisted in East Sussex, and a reception was held at Eastbourne Town Hall to highlight the great work they all do.**

Ian Pickard from *Mankind* said: "We are really excited to have been nominated. We now have to wait until November when hopefully the Palace will say yes.

"It would be great to receive recognition for the work we do."

Ian Pickard and Paul Roskilly decided they wanted to do something after a friend took their own life back in 2019.

Both had experienced their own mental health issues in the past, realising that for men very often it's hard to talk about their problems. *Mankind* was born.

It started just before the first Lockdown and only one (or two)

meetings were held face to face before they transferred to *Zoom*. Ian and Paul haven't looked back.

Ian said: "Every Wednesday we have a meeting so that people can talk and be listened to.

"It's a completely non-pressure environment, and if people want to stay quiet then they can.

"You can do exactly what you want. Our aim is to help people, and for many the hardest thing is to accept you have a problem.

"It may be anxiety, depression, stress, alcohol, sexuality, something that happened when you were a child, it could be family issues.

"We are here to help. We never judge."

To contact *Mankind*, go to:  
**[www.mankindic.co.uk](http://www.mankindic.co.uk)**

# Amazing help from community

**“I CANNOT express enough how grateful I am to our wonderful community.”**

By **Peter Lindsey**

**Those are the words of Loretta Lock, managing director of Defiant Sports.**

The popular charity has been based in *Sovereign Harbour*. It was then due to move to the seafront but instead has a 25-year lease at *The Archery* youth and sports venue in Seaside.

Now the hard work has begun to improve the new site.

Loretta said: “Many of our friends gave up their Saturday to volunteer for us, helping to start the renovation work on the old changing rooms at the *Archery*, which is now officially ours for the next 25 years.



“I had imagined a handful of people would turn up and we would scratch the surface of the required work, allowing me to plan what to do on the next volunteering day.

“Amazingly, we were overwhelmed with so many people coming along, who all got stuck in and achieved far more than I ever thought possible in such a short time.

“It was an amazing day, showing the love we have at *Defiant Sports* and the power of people coming together to achieve something.

“Thank you all so much, I am honoured to work with the people we do and delighted that there is clearly so much support for what we do.

“We had recently asked for quotes to complete all the required work onsite, but with the work completed voluntarily we have reduced renovation costs by at least £73,000. Astonishing.

“After a few tough months for *Defiant Sports*, this was an amazing day I shall never forget.”

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# Your Eastbourne BID: Five Years of Success

Your Eastbourne BID approaches its second-term ballot this September. Despite COVID and other challenges, the BID has consistently delivered for local businesses and the town centre.

This includes enhancing Eastbourne's visual appeal, promoting local businesses, working with businesses to run events and increase footfall, lobbying for additional funding, and tackling anti-social behaviour, shoplifting and business crime.



**£20 million+**  
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**4,000+**  
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**148,000**  
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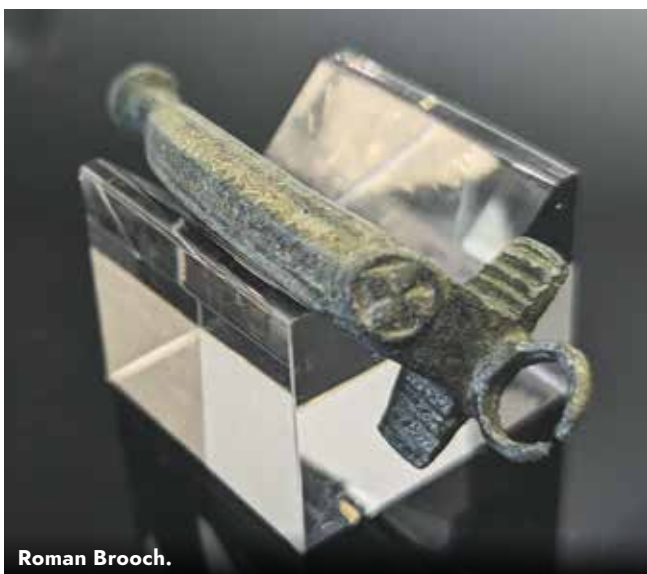
**Vote "YES" to secure £1.5 million investment over the next five years**

Your Eastbourne BID's current term ends on 3rd September 2024 and town centre businesses will have their say on whether to continue the work of the BID.

Without the BID, all this activity will cease on 4th September 2024.

Town Centre Businesses – Vote YES to the BID from 27th June to 25th July for a second term to continue this impactful work, focused on enhancing cleanliness, promoting events, improving safety, and lobbying for further investment in Eastbourne.

Vote  
**YES**  
to the BID



Roman Brooch.



Iron Age Bone Weaving Comb.

# Connecting communities A tale of two landscapes

**VISITORS to *The Beachy Head Story* can discover tales of ancient trade and explore some of the bygone routes which once connected the communities and landscapes around Eastbourne, at a new exhibition.**

By **Peter Lindsey**

**‘Connecting communities – A tale of two landscapes’ runs at the venue on Beachy Head Road until Sunday 13th October.**

Marking 10 years since the discovery of a significant archaeological site at Pocock’s Field in Kings Drive, Eastbourne, the exhibition explores 3,000 years of large-scale industry, networks of innovation, settlement and burial grounds.

The excavation, which took place in 2014, unearthed the largest quantity of Iron Age salt production material on the south coast along with

evidence of the people that were producing it. For the first time, these extraordinary objects made and used by the people living there, will be put on show for the public.

Some of the excavated exhibits on display include part of an Iron Age mirror, salt working materials and beads found buried with an Iron Age woman and child, in addition to part of Eastbourne’s Roman Villa, Iron Age pots from Old Town and Saxon treasure.

Amongst the stories, visitors will also be able to follow the threads of

Saxon weavers to discover how those skills influenced the development of a liminal settlement between the downland and wetland of Eastbourne.

There are events coming up at *The Beachy Head Story* for adults led by Writer in Residence Annalie Seaman.

‘The Archaeology of Bullock Down: Furrows and Families’ on Monday 24th June will include a walk into the dry valley by *Bullock Down Farm* to gain an understanding of thousands of years of downland farming.

Those attending will be invited to create their own writings on these themes as they explore the landscape.

Creative writing courses include ‘Sea Creatures: Real and Imagined’ on Monday 3rd June which will see visitors delve into the hidden world of modern marine mammals and cetaceans and the imagined world of folkloric sea monsters.

‘Genius Loci: The Spirited Atmosphere’ on Monday 15th July will tap into the Roman idea of the Spirit of the Land, of household gods and hero-ancestors, the guardians of hearth and field.

For more information visit: [www.HeritageEastbourne.com](http://www.HeritageEastbourne.com)



Iron Age object. Possible loom weight.



Roman tile with paw print.

## Sponsors needed

**HERE is the chance for the local business community to make a difference to people at a very special time of the year.**

By **Peter Lindsey**

***The Tree of Light* stands outside the *Congress Theatre* each Christmas time for around four weeks.**

It’s organised by the *Rotary Clubs of Eastbourne* and is of great support to so many.

Now, an appeal is going out to businesses to help with sponsorship for the 2024 *Tree of Light*.

Last year’s raised £4,300 for four groups:

- East Sussex Hearing
- Defiant Sports
- St Catherine’s College
- The Salvation Army, Eastbourne.

Di Hammond, Joint President of *Eastbourne AM Rotary Club*, said: “*The Rotary Tree of Light* gives comfort to many people as well as raising funds for our local community.

“And that’s where we need more sponsors. It costs £250 to become a sponsor, and we are hoping people will read this and reach out to us.

“We have to cover the costs, such as the *Tree* itself, and we aim to raise as much money as we possibly can each year.

“It goes without saying that we are very grateful to our sponsors, some whom have remained very loyal since the start.”

If you are interested in becoming a sponsor, email: [cheesemanlouise071@gmail.com](mailto:cheesemanlouise071@gmail.com)



## Time for the Lighthouse Walk – are you up for the Challenge?

**THE annual *Lighthouse Challenge* fundraising walk will take place on Saturday July 6th.**

By **Peter Lindsey**

**It's an incredibly popular event – for those who have not previously undertaken the Challenge, it essentially involves a walk to and around the *Beachy Head Lighthouse* and then back, in exchange for a modest entry fee which is donated to local charities.**

This is only possible on certain days of the year and has proved very

popular with at least 1,000 walkers taking part each year.

Each participant receives a commemorative certificate at the finish.

The original event was organised by the *Rotary Club of Eastbourne AM* in conjunction with the "Save the Stripes" campaign to raise money to repaint the *Beachy Head Lighthouse* at a cost of some £30,000.

Had this not been undertaken, the iconic red and white stripes would

have been allowed to fade and eventually disappear.

Due to the popularity of the event, *Eastbourne AM Rotary Club* has continued to organise the Challenge every year since, with the help of volunteers. Part of the funds raised are set aside towards the next repaint of the lighthouse with the rest donated to local charities including the *RNLI (Eastbourne)*.

For further information, and to book your tickets, visit:

[www.eastbourneam.org](http://www.eastbourneam.org)



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# Turning words into wishes for children

**AN Eastbourne writing group is producing a book of members' stories to raise money for a popular charity.**

By **Peter Lindsey**



**Scribe Tribe meets weekly in Bibendum in Eastbourne Town Centre.**

The group consists of prolific short story writers as well as some working on novels.

Now it is raising money for the *Children with Cancer Fund*, based at The Triangle in Willingdon.

Jackie Harvey from *Scribe Tribe* said: "As we all know, the *Children with Cancer Fund* is a worthy local charity, and we thought it would be a good idea to produce a book of some of our stories to raise money for the fund.

"We have a reserve to enable us to buy a good number of author copies that we will sell not only to connected people but at a launch.

"I have spoken to Chris Downton from the charity and he is very pleased with the idea and has contributed a Foreword to the book which is titled *Words into Wishes*.

"There will be a link to the Amazon sales page from the *Children with Cancer Fund* website and hopefully from other social media platforms too.

All the money raised will go to turn our Words into Wishes for the children."

The launch is taking place on June 27th at *Bibendum* from 7pm until 9pm.

Please email: [harvey145@gmail.com](mailto:harvey145@gmail.com)



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185a Langney Road, Eastbourne  
East Sussex BN22 8AH



Est. 2012



## Time to celebrate

**EASTBOURNE Pride 2024 is almost here – and so too is an event in Hailsham celebrating the LGBTQ+ community.**

By **Peter Lindsey**

**Eastbourne's big day is on Saturday July 20th. There is a parade starting at 11am followed by a day of celebration at Princes Park.**

After taking a break last year, *Bourne Out LGBTQ+* are back running the event, and they are planning a very special day for the whole community.

There is entertainment for all ages, including DJs, music groups and tribute acts. There will also be tasty

food offerings and the coolest drinks to keep you dancing all day.

Go to [www.evenbright.co.uk](http://www.evenbright.co.uk) and search for 'Eastbourne Pride 2024'.

Meanwhile, the first 'Stand Proud in Hailsham' event will take place at the White Hart in Horsebridge to support Pride Month in June.

This is taking place on Saturday June 22nd from noon until midnight. It features a variety of live entertainment, including music acts, magic show and children's entertainer.

Go to [www.hailsham-tc.gov.uk/event/stand-proud-in-hailsham](http://www.hailsham-tc.gov.uk/event/stand-proud-in-hailsham)



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# Waverley is coming to Eastbourne Pier

**THE last seagoing Paddle Steamer in the world is coming to Eastbourne Pier on Thursday September 12th.**

By **Peter Lindsey**

**Eastbourne Pier owner Sheikh Abid Gulzar is thrilled that Waverley is coming to town.**

He said "I'm delighted that *PS Waverley* is returning to *Eastbourne Pier* and that the pier has been instrumental in this wonderful event.

"It will be a unique travel experience that shouldn't be missed.

"It will be very exciting for visitors to *Eastbourne Pier*."

It will leave *Eastbourne Pier* at 3.15pm for an afternoon cruise around *Beachy Head* and sailing past the *Seven Sisters*.

*National Historic Ships UK* has given *Waverley* the prestigious title of *National Flagship of the Year* in

recognition of her ambitious cruising programme around the UK.

*Waverley* will be operating an exciting programme of cruises in several areas of the UK from Friday 17th May to Sunday 20th October.

To book your tickets, visit the official *Waverley Excursions* website [www.waverleyexcursions.co.uk](http://www.waverleyexcursions.co.uk)



## PIER2PEER Charity Event July 27th 2024



**EASTBOURNE  
TO HASTINGS  
PIER**



**EASTBOURNE PIER  
TO SOVEREIGN  
HARBOUR**

**WALK RUN OR CYCLE**  
[www.wayfinderwoman.com](http://www.wayfinderwoman.com)  
charity no: 1175486

sign up here!



EXCLUSIVE OFFER FOR CHAMBER MEMBERS:

## Book your tickets for luxury Centre Court hospitality at Eastbourne Tennis

The Chamber will be hosting members on Tuesday 25th June at Love Fifteen, in the exclusive Winter Gardens, Devonshire Park. Love Fifteen is a casual yet intimate setting with first-class hospitality, provided by Keith Prowse. Tickets are now available



for this exclusive day out at one of the most revered contests on the professional tennis circuit.

Keith Prowse are the exclusive hospitality providers for the Rothesay international Eastbourne and an official LTA partner.

**Tickets for Chamber guests are now available at £195 + VAT for all day hospitality, brunch and lunch buffets and afternoon tea.**

The price also includes a Centre Court seat for the day, located behind the baseline in the South Stand.

Drinks are provided at the bar throughout the day with takeaway drinks available, so you don't miss a minute of the on-court action!



**Book today to enjoy a showcase of some of the UK's best tennis in style- with all your needs catered for by Keith Prowse.**

**To book your tickets, email [jill@eastbournechamber.co.uk](mailto:jill@eastbournechamber.co.uk)**

## Introducing EDEAL - local businesses with support and advice provided by Wealden District Council

At Edeal (the Eastbourne and District Enterprise Agency Ltd), our aim is to encourage as many new business start-ups as possible and to help established Wealden businesses grow.

The Wealden District is an ideal environment for small startups to thrive. It offers an outstanding quality of life and good access to the high value markets of the South East. It is the ideal location for the next generation of green businesses,

offering sustainable solutions to some of today's environmental issues.

Edeal, funded by Wealden District Council can provide the expertise needed to help fledgling business ventures come to fruition and grow to increase prosperity within the District. We are looking for this success to be shared across the whole of Wealden by offering free regular business start-up workshops and 1-2-1's delivered by our expert business advisors.

If you are based in the Wealden District Council area and you are thinking of starting a new business then book a place on one of our free business start-up workshops, or if you are an existing business looking for support with marketing, business planning, financial management, business growth or any other aspect of your business then please contact: **Edeal on [info@edeal.org.uk](mailto:info@edeal.org.uk) or visit our website [www.edealgroup.org](http://www.edealgroup.org)**

**Future start-up workshops take place on the following dates:**

**Thurs 11th July:**  
from 10am to 4.30pm in Heathfield – search on Eventbrite for tickets

**Thurs 10th October:**  
from 10am to 4.30pm in Uckfield – search on Eventbrite for tickets

**Jan 2025:** Date to be announced in Hailsham

### New members for May

Alpha Entertainment t/a The Loft Lounge & Bar • Telecom Direct Limited • Digital Islands Business Services • Beachy Head Chaplaincy Team • People Pulse Finances & HR Management Limited • Amaze

## Head to the Belgian Café for the best seafood, beers and events!

With the summer season now upon us, we thought this was the perfect time to shine a spotlight on one of Eastbourne's hidden gems, offering year-round unforgettable experiences right on the seafront.

Where Terminus Road meets the Grand Parade on Eastbourne seafront, you'll find Victoria Place, home to the Belgian Café. Established in 1999, the restaurant has rightly built a reputation as the place to go in Eastbourne for mussels, oysters and other locally sourced seafood delicacies. Alongside this, the Belgian Café is home to Beer Me, who have been meticulously hand-crafting Belgian beers for a decade.

Featuring a changing rota of 10 beers brewed on-site and a menu that showcases the best local seafood, the Belgian Café also has live music from the pick of local artists every Friday and Saturday evening. Tickets are now on sale for their Summer Solstice Festival, and you can keep up to date with everything that is happening at the Belgian Café on Facebook. Better still- head down to Grand Parade, get yourself a cool beer and some Moules Frites and find out for yourself!

### Speaking of the Belgian Café...

The Future Leaders Network- which meets regularly to socialise and promote business opportunities in Eastbourne for the next generation- is meeting at the Belgian Café on 19th June.

The event, Bikes and Beers will coincide with Bike Night is a great opportunity to get out and meet like-minded under 35's in business and enjoy a beer in the sunshine. If you'd like to know more about the Future Leaders Network, or know of anyone under 35 who would like to sign up, email [marketing@eastbournechamber.co.uk](mailto:marketing@eastbournechamber.co.uk)



## Award-winning business coach offers you the chance to learn top tips!



Local business coaching firm: UK Growth Coach has recently won two prestigious business awards,

the FSB Award for '2024 Best Micro Business in the South East', and Corporate Livewire's 2024 Innovation and Excellence Award for "Best Business Coaching Service of the Year".

The team are now offering other business owners the chance to learn their top tips for accelerating business growth at a new event on the morning of Friday 14th June at The View Hotel, Eastbourne. There

are limited free places available for Eastbourne Chamber members. If you'd like to boost your business owner skills by attending, contact [lynne@growthcoach.co.uk](mailto:lynne@growthcoach.co.uk) or call **01444 440500**.

### 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!**



# Bluey and Bingo, and Peppa and George come to Sharnfold

**SHARNFOLD Farm at Stone Cross is planning two big summer events.**

By **Peter Lindsey**



**The Visitor Attraction opened on Good Friday after it closed for winter – and the new changes are more popular than ever.**

Now *The Family Parks Group* – which owns *Sharnfold* – has announced two big guest days.

Bluey and Bingo are coming on Saturday June 15th. Here's your

chance to see the pair at the Sussex Barn at intervals throughout the day.

Bluey and Bingo 'meet and greets' are included as part of your admission to the farm. You need to select a time when you book.

On Saturday July 13th, it's the turn of Peppa and George to be at

*Sharnfold* – again you will need to book a timeslot online.

Donna Bull from *The Family Parks Group* said: "We've had a great customer response since we reopened at Easter.

"We've made some changes, which have gone down very well, and we are delighted with how *Sharnfold* now looks.

"These two days are going to be hugely popular so book in advance, come down and have a great day on the Farm."

To book, go to: [www.thefamilyparksgroup.co.uk](http://www.thefamilyparksgroup.co.uk)

## It's time to Subscribe or renew Garden Waste Collections

**New subscription year  
1 August 2024 to 31 July 2025**

Quickly and easily subscribe or renew at:  
[www.wealden.gov.uk/gardenwaste](http://www.wealden.gov.uk/gardenwaste)  
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- ✓ Pay in full by debit or credit card.
- ✓ You can request up to four bins at £60\* per bin.
- ✓ If you don't have internet access, please call Customer Services on **01323 443322**.
- ✓ You will be sent a licence sticker to attach to each brown bin. This should arrive within 10 working days of payment.

\* New customers signing up before 25 June will also be charged for the remaining month/s of the current subscription year.

**Please renew by 17 July to avoid any disruption to your service.**

Find further information about our garden waste service including what can be collected, how the garden waste is composted and the terms and conditions at: [www.wealden.gov.uk/recycling-and-waste/garden-waste-service](http://www.wealden.gov.uk/recycling-and-waste/garden-waste-service)



recycle for Wealden

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# Thank You To All Volunteers



**VOLUNTEERS'  
WEEK**

40th Anniversary



**#volunteersweek**



**"GOOD evening. You are listening to *Radio DGH!*"**

By **Shaun Crowhurst**

**The opening words from presenter Hannah Mason as she kicks off her Friday evening show.**

"I have always been driven to pursue my creative interests and find volunteering for hospital radio to be a fantastic outlet for my passion. I joined *Radio DGH* so that I could explore the creative possibilities of audio based media, learn new skills and improve my confidence."

Hannah is just one of many volunteer presenters on *Radio DGH*.

*Radio DGH* has been broadcasting a wide variety of programmes to the *Eastbourne District General Hospital* since 1976, and before that to hospitals in the town from 1951. The station doesn't just broadcast to the hospital however, it can be listened to worldwide on our Website [www.radiodgheastbourne.com](http://www.radiodgheastbourne.com) as well as various radio apps including *TuneIn*, *Radio Garden* and *Radio Box* plus through smart speakers too.



"We have such a wide variety of programmes for listeners of all ages" says programme controller Shaun Crowhurst. "We broadcast 24 hours a day, seven days a week and as well as shows playing music from the 60s to the present day we have specialist music shows featuring different genres such as country, rock, soul & motown and show & film to name but just a few. We also broadcast a weekly chapel service which comes live from the *DGH* chapel".

Mica Willgrass, presenter, adds "*Radio DGH* are always looking for new volunteers to join the friendly team. If you don't want to be behind the mic, but would like to help behind the scenes then there are other roles which include

Fundraising, Publicity/Marketing, Engineering and IT Support. As a charity, *Radio DGH* are funded entirely by sponsorship and donations and are always on the lookout for new sponsors to join our portfolio."

If you're interested in volunteering with us, sponsoring one of our shows or donating to us then please email [programmecontroller@radiodgh.com](mailto:programmecontroller@radiodgh.com) and one of our team will get back to you.

You can contact *Radio DGH* by calling **0300 131 5900**, by visiting the website [www.radiodgheastbourne.com](http://www.radiodgheastbourne.com) or by following us on social media. Just search *Radio DGH* on *Facebook* and *Instagram*.

# Volunteer and make a difference



**Are you looking to meet new people, learn new skills or stay active? We want to hear from you!**

Our shops rely on volunteers. If you have a few hours to spare each week, why not help your local store raise vital funds for hospice care?

You could help in one of the following roles:

- Donations sorting
- Till operating
- Customer service
- Assisting on the shop floor
- Photographing new stock
- Assisting in the post room

We will work with you to make sure you get the best from your volunteering while helping us in our mission to enable people to live well at the end of life.

**Retail not your thing?** We have a variety of roles in the hospice, in the community and at our events.

Find out more at [stwhospice.org/volunteering](http://stwhospice.org/volunteering) or call **01323 434205**







# Volunteers are the lifeblood of Raystede

**FOR National Volunteers Week, Raystede Centre for Animal Welfare will be celebrating all of our amazing volunteers and thanking them for all the vital work they do for our cause.**

By **Heidi Christmas**,  
Head of HR & Volunteering

**Raystede has been working tirelessly to improve the lives of animals for over 70 years and is unique locally for the diversity and scope of our animal welfare offering. We care for a wide range of animals every day, including cats, horses, dogs, rabbits, hens and exotic birds.**

Every year, we welcome over 250 volunteers through our busy doors. The dedication of our volunteers enables us to go above and beyond in terms of the care we can provide for animals. In return, our volunteers get to really make a difference here at Raystede, learn new skills and meet new people at the same time.

This year, we want to celebrate all our wonderful volunteers and the

amazing work they do helping to ensure animals receive the support they need on their journey to rehabilitation or to find a forever home. Whether that's giving talks in our community, working in our shops, welcoming visitors or helping to care for our equines on the weekends, every hour volunteered

means we can achieve so much more for our animal friends.

By way of saying thank you, we will be recognising the work of our volunteering team through a number of exclusive events and tours during *National Volunteers Week*. Volunteers will have the opportunity



to go behind the scenes, meet other like-minded volunteers and of course learn more about the many different animals we care for.

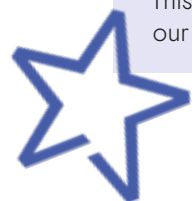
We've seen a heartwarming increase in members of our community volunteering their services in many different ways. This is wonderful to see, especially when everybody's time and resources are stretched to the limit. It only emphasises what we've known all along – that animal lovers really are the most kind-hearted people of all!

Jill has been volunteering with us for over three years. After retiring from work she felt that she needed a new opportunity, so living quite close to us, she applied to be a welcome volunteer. Jill says, "I am so proud to join a wonderful bunch of like-minded volunteers, and to help Raystede in such a positive way is incredible. This all indirectly benefits our animals. I'm also very proud to take visitors on tours around the site and explain about our wonderful work."

If you're passionate about animals and want to make a difference, have considered volunteering and would like to find out more, Raystede would love to hear from you.

Visit the volunteers page on our website to learn more about the roles available and how you can get involved:

[www.raystede.org/our-charity/volunteer/](http://www.raystede.org/our-charity/volunteer/)





# Friends of Eastbourne Hospital



## Could you volunteer? (or know someone else who could?)

Do you have any spare time each week?

Are you, or do you know someone who has retired from work but would like to:

- keep busy
- meet new friends
- give back to the hospital

Are you a college student, or the parent/friend of one, who would benefit from volunteering experience to expand their UCAS form or CV?

Volunteers are the mainstay of the work of the Friends of Eastbourne Hospital; the organisation could not function without their help and support.

Whether you have great practical, personal or organisational skills, or want to volunteer to meet people, stay active, add to your CV or simply help the hospital, then we have something that suits.

We are the **Friends of Eastbourne Hospital**, and we need you.



Friends of Eastbourne Hospital  
*Help us help them help you*

01323 749503  
[esh-tr.friendsdgh@nhs.net](mailto:esh-tr.friendsdgh@nhs.net)  
[www.friendsdgh.org.uk](http://www.friendsdgh.org.uk)



# Lend a hand. Make a change.

**JOIN Age UK East Sussex in *The Big Help Out 2024*.**

By **Hannah Barker-Green**

**The Big Help Out is back! This June some of the country's best-known charities are coming together to encourage people to sign up to volunteer to help their local communities.**

Age UK East Sussex is one of those joining the initiative, which takes place between Friday 7th June and Sunday 9th June, and we are inviting residents of East Sussex to try their hand at volunteering across

a variety of roles. We are reliant on volunteers who help provide vital support to local older people, often at a time in their lives when they need help the most.

More than seven million people overall took part in last year's *Big Help Out* – getting together to volunteer, and to make a difference in their local area – and organisers have launched the 2024 edition with support from His Majesty the King.



As well as providing much-needed support, volunteering also enables people to gain valuable new skills, confidence, experiences and friends. *Age UK East Sussex* offers many services, which means there are countless opportunities available, some of which include:

### Volunteering as a Befriender

We'd love you to be part of our Team and help support older persons in East Sussex. As a Befriender Volunteer, you will be making sure that older people can access the services they require and making the County a great place to grow old.

### Macmillan Home Support volunteers

Our *Macmillan Home Support* volunteers enable people diagnosed with cancer to access timely and practical support in their homes. As a Volunteer within this role, you'll get a chance to meet new people and be part of an amazing team.

### Social Prescriber volunteers

Our team of Social Prescriber volunteers work closely alongside our employed colleagues, doctors and nurses in GP surgeries. You will be working with our Social Prescribing Team to support people over 50 to engage with local services.

### Join an Age UK East Sussex shop team

Our five Shops and two Furniture Stores help raise vital funds for the Charity's work and services, and

we depend on the support and dedication of volunteers.

### Volunteer for our Information & Advice line

Our Information and Advice service based in Hastings, provides information and advice to older people in East Sussex. You will be supporting us with administrative support and assisting with client enquiries.

To learn more about volunteering opportunities with *Age UK East Sussex*, simply pop in for a chat, a cuppa and a cake, at one of the below venues on Friday 7th or Saturday 8th June, between 10am and 2pm.

- *Age UK East Sussex Furniture Warehouse* – Rannah Estate, Newhaven.
- *Age UK East Sussex Furniture Warehouse* – Maple Road, Eastbourne.
- *Age UK East Sussex Shop* – 54 Cliffe High Street, Lewes.
- The Isabel Blackman Centre, 3 Winding Street, Hastings.

Alternatively you can visit [www.ageukeastsussex.org.uk](http://www.ageukeastsussex.org.uk), call **01273 476704** or contact [volunteers@ageukeastsussex.org.uk](mailto:volunteers@ageukeastsussex.org.uk)

### Pledge your support!

*Age UK East Sussex* is asking people to take *The Big Help Out Pledge* and commit to volunteering between 7th June and 9th June.

To find out more about *The Big Help Out*, visit: [www.thebighelpout.org.uk](http://www.thebighelpout.org.uk)



## Volunteer with us and Make Someone in Eastbourne Smile

Would you like to join our Macmillan Home Support team, assisting older people living with the early stages of cancer? If you think you could offer practical and emotional support to our clients please get in touch.

- Expenses paid
- Continued support
- Training provided
- Flexible & rewarding

**Age UK East Sussex is a local independent charity**  
[www.ageukeastsussex.org.uk](http://www.ageukeastsussex.org.uk)

Tel: 01273 476704

Email: [volunteers@ageukeastsussex.org.uk](mailto:volunteers@ageukeastsussex.org.uk)



Age UK East Sussex, 54 Cliffe High Street, Lewes, East Sussex, BN7 2AN  
Registered charity number 1139470. Company number 07216063.  
VAT registration number 210 694 234.



# Computers for Charities

**SUPPORTING voluntary organisations.  
Locally, Nationally & Worldwide since 1994.**

By **Simon Rooksby**

**Since COVID most charities & organisations report a market drop of Volunteers. In fact only this week. Our sister charity "Recycling for Charities" after 20 years of operation is taking the steps of closure due to just this.**

*Recycling for Charities & Computers for Charities, pioneers of Reuse & Recycling and*

forerunners of Waste & Electrical Equipment directive of 2007 have aided thousands of tonnes of electrical to either be reused or recycled effectively and bypassing the old way of Land Fill.

Volunteer week is not just a way of recruiting volunteers, but also a way for people to meet the charities & organisations. Discover what they do and more importantly meet them!

**Saturday 8th June 10am – 2pm.** *Computers for Charities* is offering an open space to local organisations



and local people to meet at its workshop. Unit 23 Hawthorn Road, Eastbourne, BN23 6QA.

Organisations attending:

- *Association of Ukrainians Great Britain – Eastbourne Branch* meet at this location weekly and help support some of the 253,000 Ukrainian Refugees children & adults currently taking refuge in the UK.
- *Baby Bank & Beyond* is a resource for disadvantaged parents & young children operating across the area.

- *National Coast Watch Institution* are voluntary, working in tandem with coast guard and sea rescue services.
- *Computers for Charities* is offering a **Free** computer check up. Bring your laptop or desktop in and see its performance improve!

For more information please contact Simon Rooksby.

**Computers for Charities**  
**01323 848588**  
**[simon@computersforcharities.org](mailto:simon@computersforcharities.org)**

## The Matthew 25 Mission needs your help!

The Matthew 25 Mission is a local charity which helps meet the physical, emotional and social needs of vulnerable and marginalised people in Eastbourne.

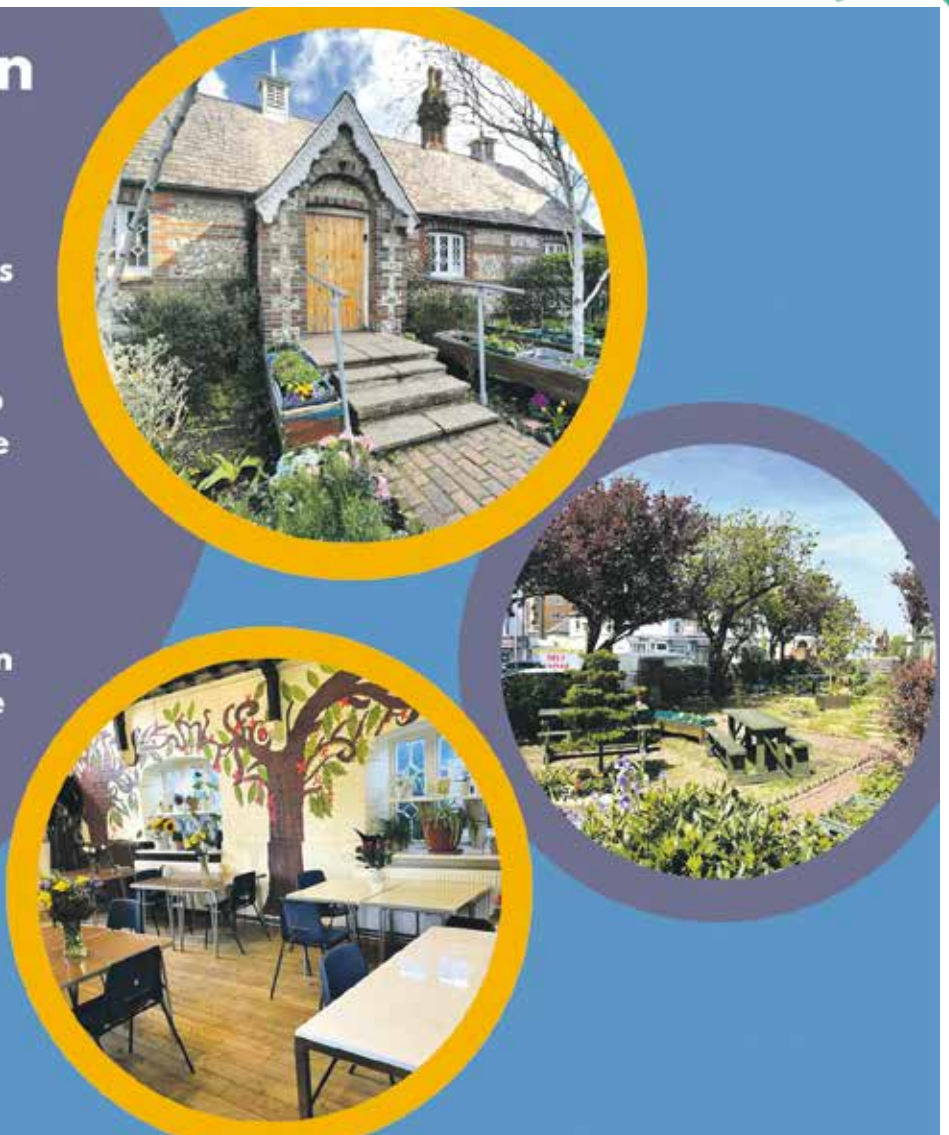
Can you spare two hours once a week, Monday to Friday, to help serve a hot drink or to help prepare a breakfast or lunch.

If you can't help every week but could help occasionally then that would also be a great help.

Email us on [manager@matthew25mission.org](mailto:manager@matthew25mission.org)  
We are also in urgent need of donations. If you can help a fellow Eastbournian who is not as fortunate as yourself by making a regular donation, no matter how much, please go to [www.matthew25mission.org/support-us](http://www.matthew25mission.org/support-us)



**Brodie Hall Drop-in Centre,  
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[www.matthew25mission.org](http://www.matthew25mission.org)  
[@themattthew25mission](https://www.facebook.com/themattthew25mission)**





# Rotary

## **ROTARY** the world over finds its home in a special corner of East Sussex.

By **Keith Ridley**

**'Service above Self' is the motto of a Rotary movement that may span the globe and yet, locally, is still having a big influence on life here in our special corner of East Sussex.**

*The Rotary Club of Eastbourne* – one of two clubs featured on this page – has existed for more than 100 years, having celebrated its centenary in 2022.

In this past century, hundreds of Rotarians have volunteered and given selflessly to support local causes and charities to improve the lives of others.

The Eastbourne club is perhaps best known in the community for its annual 'Alone at Christmas' lunch. Thousands, who would otherwise have spent the day alone, have over the years enjoyed a free festive lunch in the fun company of others. Contacts established from these lunches and with Christmas Day doorstep visits during the Covid



Rotary member Jess Gisby and husband, Simon, with their own two children on a visit to the Kabalega Primary School in Uganda, which her club is supporting.

pandemic have led in some cases to long-term friendships; "I cannot thank Rotary enough," said one 90-year-old resident. "You have completely changed my life".

Summertime sees the Eastbourne club at its busiest with events such as an annual golf day and its successful outdoor skittles event at the *Saffrons sports club*, launched only last year but back in June by popular demand.

Members also give freely of their time to help other International and local causes. Among them this summer is the organising of a banquet and ball to help raise funds to build a new classroom at an

Ugandan school whilst the club is also financing equipment for a new sports hall at *St Catherine's College*.

*Rotary* is a friendly and sociable group of men and women, always willing to welcome new members who are sure to find fun and friendship in its many and varied activities.

Meetings are held each Monday at the *Lansdowne Hotel* in Eastbourne mainly at lunchtime but with one meeting each month held in the evening, meals are optional. For more information, please visit: [www.eastbournerotary.org.uk](http://www.eastbournerotary.org.uk) or for membership inquiries, contact [christopherdye180@gmail.com](mailto:christopherdye180@gmail.com)

# AM – Rotary at its best

## **EASTBOURNE AM Rotary Club** meets for breakfast every Friday at *Chalk Farm*.

By **John Wilton**

**Membership is growing – and that's of course both men and women.**

Friendship and fellowships are key strengths of AM –and so too is fundraising and supporting the local community:

Here are some of the key events:

- Members and friends hosting and providing refreshments at

the *Bluebell Walk* at *Bates Green Farm* in Arlington. A whopping £6,245 was raised this year.

- The club has recently made a substantial donation to help fund a new helicopter for the Kent, Surrey & Sussex Air Ambulance.
- AM's annual *Beachy Head Lighthouse Challenge* takes place on July 6th – see page 18
- The club leads on the annual *Tree of Light* outside the Congress Theatre every Christmas.
- Breakaway where AM funds a holiday for around 50 people with learning disabilities across East Sussex.



Both Kent, Surrey & Sussex Air Ambulance aw169's.



Breakaway 2017.

There are regular guest speakers – one example recently was Frederick Smith talking about the charity 'Just Friends' that he has established for people who live alone. It was a great breakfast with a very welcoming atmosphere.

Want to know more about AM?

Please visit: <https://www.rotary-ribi.org/clubs/homepagephp?ClubID=1859>

Email [mike.cross0506@gmail.com](mailto:mike.cross0506@gmail.com)

Come for breakfast one Friday morning!



# Collaborative Canvas

**AN Eastbourne charity has been nominated for the prestigious *King's Award for Voluntary Service*.**

By **Emma Bennett**

**Last year I piloted a project at *The Lighthouse Gallery* in Eastbourne; 'Coffee & Creativity' which was a huge success.**

The *Collaborative Canvas*, a Community Interest Company now has its own studio space and a refined idea about what we are offering; a social hub, with visual art at its core (with an Art Facilitator there

to offer creative advice and technical tips when and if required).

### Open door policy

We are based at *The Old Printworks* in Eastbourne, where we operate an artist studio with an 'open door' policy. We are running workshops for individuals to learn a little about water based media. This includes painting with watercolour, gouache, acrylic paint, collage techniques for preparing a surface to create artwork on and sometimes some 3D papier mache.



### Small groups

The difference is that we run small group activities, numbering no more than six to seven individuals and we encourage conversation, meeting new people and sharing a warm beverage.

### Creativity promotes wellbeing

We are working with Dan Devitt at *East Sussex County Council* and are aligning our provision to the 'Art dose' ethos which, has been found to "significantly improve wellbeing, compared to those who engage in less than two hours pursuing a leisure/

creative activity". "Arts and creativity have been recognised as a way to protect against psycho-social risks and provide effective intervention to support health and wellbeing".

The *Collaborative Canvas* is located at Suite 22, *The Old Printworks*, 1 Commercial Road, Eastbourne, East Sussex, BN21 3QX.

If you would like to find out more and join us, please contact: [collaborativecanvas.art@gmail.com](mailto:collaborativecanvas.art@gmail.com) or call Emma on **07870 816766**



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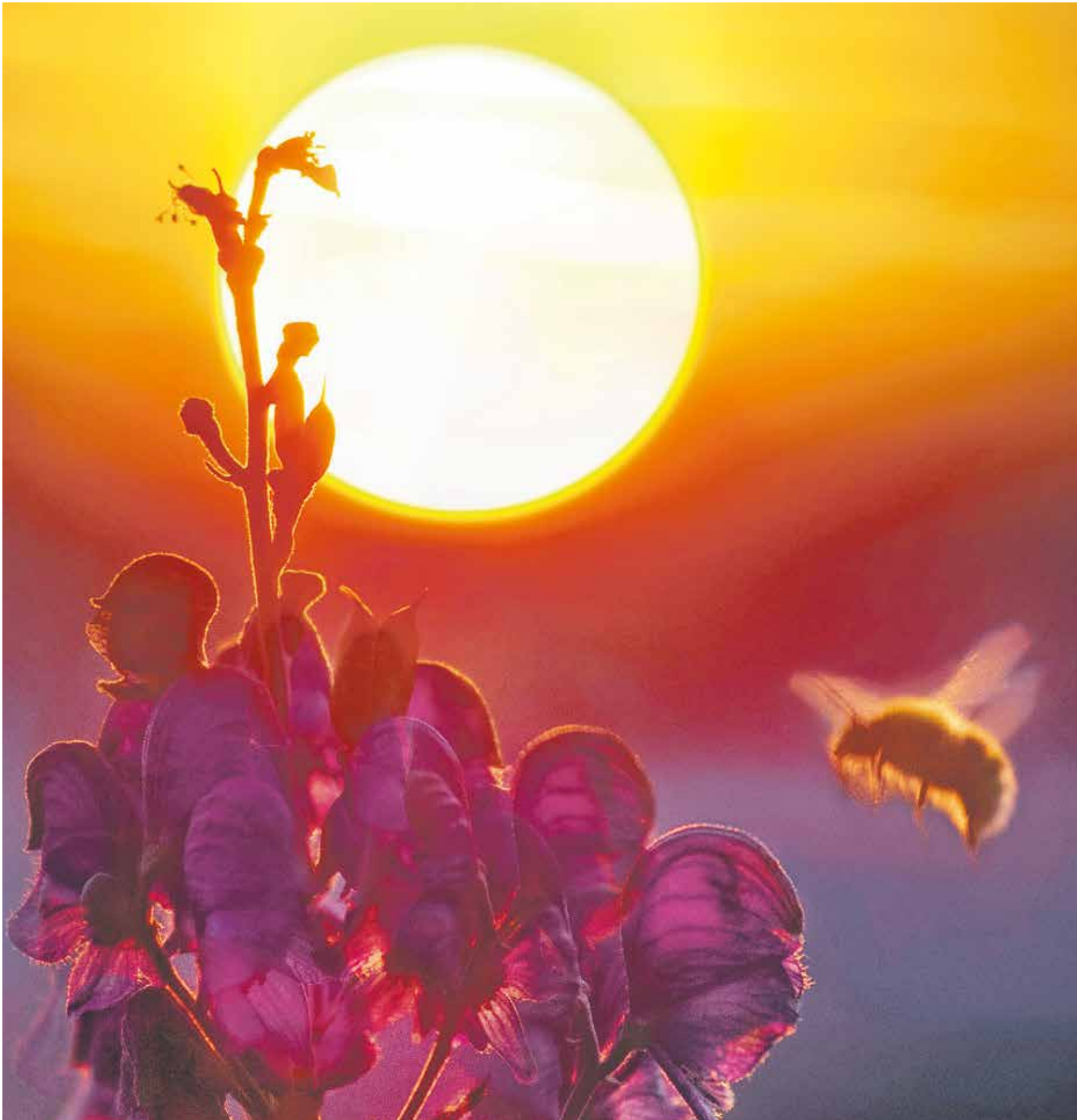
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# Bowled over

**AN outdoor skittles event that bowled over Eastbourne last summer is returning by popular demand.**

By **Peter Lindsey**

**Saffrons Sports Club will again be the venue for five evenings of fun competition during the week beginning June 10. This follows on from the outstanding success of last year's first ever Eastbourne Skittles Championships, staged by the Rotary Club of Eastbourne.**

Companies large and small – along with pubs, clubs, charities, care homes, schools, families and friends,

able bodied or disabled – are invited to sign up with teams of six players.

Trophies will be awarded to the winning team each evening. Each will compete against two others, using the original skittles format of rolling wooden bowls at nine pins, in this open-air event. The team achieving the highest score during the week will proudly lift the *2024 Eastbourne Skittles Championship* trophy.

Ian Huke, one of the *Rotary club's* organisers said: "This is a great event full of fun and frivolity, alongside some hotly contested competition.



Fun nights under the summer sun – last summer's inaugural skittles competition.

"It attracts teams from all around the Eastbourne area to join in a community-wide competition open to novices as well as bowlers of any standard and offers a great occasion to relax with friends and work colleagues. Please do sign up and join in."

Cost of entry for each team of six is £30 (£5 per team member). All monies raised during the week will go to local charities. Beer and spirits will be on sale in the *Saffrons* pavilion as

well as hot food, coffees, teas and cakes from the rotary club's own stall.

Full details of the event can be found on our *Facebook* page, "*The Rotary Club of Eastbourne*" and on our website at:

[www.eastbournerotary.org.uk](http://www.eastbournerotary.org.uk)

For further information please contact event organiser, Ian Huke, at the *Rotary Club of Eastbourne* at: [ianhuke666@gmail.com](mailto:ianhuke666@gmail.com)

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# South Downs Health and Care GP Federation



## SUPPORTING Health and Wellbeing in East Sussex.

By **Fiona Collins**, Operations Director, SDHC

**South Downs Healthcare (SDHC) is a GP federation located at Hampden Park Health Centre, which was established in 2016 to provide services to support GP practices in East Sussex.**

As a social enterprise, SDHC's ethos centres around providing the community with accessible, sustainable, and person-centred

healthcare. They provide a range of services on behalf of local GP Practices, including out of hours GP services in the evenings and on Saturdays, Covid Vaccination Services and weekend GP support to residents of care homes.

Recently, SDHC has responded to the growing demand for independent healthcare provision by establishing

a private GP service at *Hampden Park Health Centre*, which aims to work in partnership with peoples' own GP practices. This initiative caters to individuals seeking private GP appointments that are convenient and easily accessible, providing a tailored service which allows sufficient time at appointments to talk to highly experience private GPs. Despite the associated costs, patients seeking private GP services value the dedicated time, thorough consultations, and personalised care they receive, considering it a worthwhile investment in their health. As a social enterprise, SDHC reinvests revenue generated from the private GP service into provision of services which support local General Practices, such as regular Specialist Webinars for GPs across Sussex to attend free of charge.

SDHC have recently announced a partnership with *Wave Active* and *Eastbourne Borough Council*. This collaboration, supported by the University of Brighton, which aims to preserve the Eastbourne campus leisure facilities for the benefit of the local community.

Dr Nick Harvey, CEO of *South Downs Health and Care Ltd*, said: "*South Downs Health and Care (SDHC)* is delighted to be taking

on *Eastbourne Sports Centre* in partnership with *Wave Active*.

Together we have a vision of enabling the best possible health and wellbeing in our community. SDHC is a local social enterprise, providing NHS and private community healthcare services. Through this partnership, we will integrate our healthcare operations and expertise with a healthy living, activity focused, leisure and sports centre environment to create a Health and Wellbeing Hub".

As SDHC embarks on this new chapter with *Wave Active* and *Eastbourne Borough Council*, the future looks promising for the residents of East Sussex. The Health and Wellbeing Hub is set to become a cornerstone of the community, creating an environment where health care and healthy living brings benefit to the community to enhance the quality of life for all.

**South Downs Health and Care Ltd,  
GP Federation  
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# “There’s no such thing as bad clothing, just bad weather.”

SO said Wainwright as he walked around the Lake District but clearly, *Polegate Ramblers’* esteemed Chair, Richard is challenging that view as he models his 40 year old dubiously coloured fleece (apparently it’s taupe)!

By **Gill Mattock**

**He made me wonder though, whether us ramblers really need to buy a load of fancy gear. Clever marketing might suggest that we do: there are base layers, mid layers, top layers, summer layers, winter layers, waterproof and windproof layers for every part of our body, all of which are apparently protecting us from the elements. Wearing layers is obviously the way to go!**

Closer to home, one of my walking buddies swears by her walking knickers so I thought I’d try to get to the bottom of it! “What one bit of specialist kit do you really need?” I asked my fellow ramblers. Lots of umming, aahing and muttering followed but the general consensus was that for regular rambling we need good, well fitting, waterproof boots. If you can only afford one bit of good kit, then it has got to be the boots. And once you’ve got them, you need to look after them with regular cleaning, polishing or spraying depending on what they are made from.

I personally find walking trousers useful as I prefer the comfort of something that gives a bit at the knees as I negotiate stiles and steps and if it gives a bit at the waistline as well that’s a bonus. These can often be found in charity



shops or on a well known online auction site for a fraction of the cost of new ones. However, jeans were a definite No No – too heavy, slow drying & uncomfortable when wet. It seemed that people also like the wickaway t shirts that keep them cool in hot weather but emphasised that you don’t need to buy them from a specialist shop. They can be bought very reasonably in local supermarkets.

So why not invest in a good pair of boots and come and join us?

Polegate Ramblers meet every Thursday for a choice of a 10-ish, 2-ish or 5-ish mile walk. Rambles are led by experienced members who have planned and recced the route in advance. New walkers are always made very welcome and are encouraged to try us out for a couple of walks before joining. Have a look at our website or Email our secretary at [polegateramblers@gmail.com](mailto:polegateramblers@gmail.com)



**SUSSEX Footcare is moving to 8 Crown Street, OLD TOWN – and the good news is this means expansion.**

By **Peter Lindsey**

**Andrew Albon has built up this family run business over the last 10 years and they specialise in everything feet-related from corns and callus to nail surgery for ingrowing toe-nails.**

The new clinic offers:

- A reception area, where you will be guaranteed a warm and friendly welcome.
- Two luxury clinic rooms for patients to be treated.
- Modern interior, including specialised lighting.

Andrew has been working in Podiatry for over 10 years now and has worked within the *NHS* setting as well as the private sector. The business is currently operating out of The Mews in Watts Lane as well as offering home visits and care homes.

He said “We are so pleased to be expanding. We have worked really hard to make this move possible. The premises has been completely gutted,

including plastering of all walls, new flooring, new lighting, cupboards, sinks and new toilet facilities. The shop front has also been worked on and new signage provided by James at *Plan-A-Head*.

“We will have an extra clinic room with the very best equipment, a new clinic couch is currently being delivered to provide extra comfort. We have also managed to find another Podiatrist to join our team and look forward to unveiling that when we can. This means we are able to take extra patients on.

“We will be hosting our grand opening on Saturday 22nd June from 10am until noon, this is for existing patients, new patients and the local community to come down and see what we have created, and refreshments will be available. Please do come down if you are able to.”

*Sussex Footcare* already has 5 members of staff 2 Podiatrists, 1 Foot Health practitioner and 2 administrators. They also currently treat over 500 patients and 50 Care homes locally.



The exciting new expansion begins.



Andrew said “We are 100 percent reliable and committed to helping all issues foot related – put simply – We are the best at what we do.

“Most people have at some stage, a problem with their feet. Very often the problem is not looked at until it is painful or causing an issue. Come to us at the very early stages and we can offer advise and deal with the problem. Don’t leave it until the problem gets worse.

“Our job is to sort out our patients feet – and that is exactly what we do. We have some amazing reviews online and continue to satisfy our patients I believe we are the best at what we offer.

“We also offer long term solutions for ingrowing toenails where we specialise in nail surgery under local anaesthetic. We have referrals from GP surgeries as well as other Podiatrists that do not offer this service. We currently carry out 4–5 a week so we are the experts in this field.”

Andrew is a strong believer in continual professional development and using the latest technology available to him. He is also chair and on the committee for the East Sussex Branch of the *Royal College of Podiatry* looking after 300+ local podiatrists. This puts him at the cutting edge of what is going on in the world of Podiatry.

“I would lastly like to thank Adrian (Dad) and Craig for there hard work in getting the new clinic up and ready a long with their team.”



Taking shape.

We look forward to continuing to treat the feet of Eastbourne and welcoming new patients.

**Sussex Footcare – Grand opening**  
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# After the Bluebells... it's mini retreats



**THE Arlington Bluebell Trail has finished after an amazing season –but there's plenty of reasons to still visit the iconic site.**

By **Peter Lindsey**

**Owner John McCutchan wants to thank everyone who supported this year's Bluebell Walk. It ran for five weeks with record numbers and local charities raising thousands of pounds.**

Now the focus turns to 'mini retreats' and the chance to visit the gardens every Wednesday.

Here's John: "Our garden workshops will be running every

Thursday until 17th October and are now available to book.

"There is still a magical tranquility in *Bates Green Garden* and *Beatons Wood*. Our courses are held in the morning with the opportunity to stay and explore Bates Green Garden, The Wildflower Meadow and Beatons Wood in the afternoon.

"As well as the usual horticultural propagation courses, we have 'mini-retreats' with a variety of disciplines on offer, all designed to promote a feeling of peace and wellbeing.

From movement and sound to sketching and wildlife, we hope there is something of interest to everyone."

For details of this and other workshops, please see the garden website at:

[www.batesgreengarden.co.uk/workshops.html](http://www.batesgreengarden.co.uk/workshops.html)

And if you can't make one of these 'mini-retreats', the Garden, Wildflower Meadow and Wood are open every Wednesday.



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# The Arts



Running for the fourth time, *Sophie's Secret Postcard Auction* goes live on *eBay* on 19th June 2024.  
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**PG** Kung Fu Panda 4



**12A** The Fall Guy



**15** Challengers



**PG** The Longest Day



**PG** Sometimes I Think About Dying



**12A** Kingdom of the Planet of the Apes



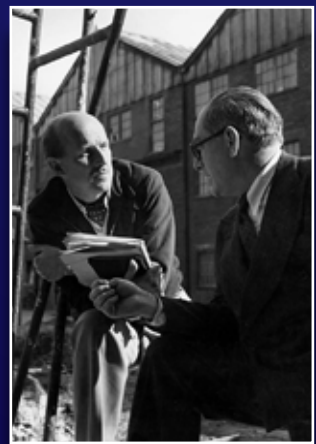
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**U** My Fair Lady



**U** IF



**PG** The Films Of Powell & Pressburger



**15** Furiosa

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# Sophie's Postcard auction goes live on 19th June '24

**ST RICHARD'S Catholic College Secret Postcard Art Auction is held in memory of former pupil, Sophie Maria Taylor.**

By **Miranda Pennington**, St Richard's Catholic College

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- The first postcards go live on eBay on Wednesday 19th June ending Sunday 29th June.
- All proceeds will go to *The Royal Marsden Cancer Charity*.

- A 200 page catalogue with every artist and artwork listed can be bought on eBay or via our website at: [www.sophiespostcard.com](http://www.sophiespostcard.com)

### A few of the artists

Adam Riches, Bench Allen, Billy Childish, Bob & Roberta Smith, Carne Griffiths, Curtis Holder, Dame Prue Leith DBE, David Schofield, Emiko Aida, Gilbert & George, Heath Kane, Ian Murphy, Jack Candy-Kemp, Joe Lycett Jen Orpin,

Kate Brinkworth, Ken Kewley, Ken Smith, Korky Paul, Lorraine Kelly, Loui Jover, Mark Curryer, Matthew Lyons, Michael Riddle, My Dog Sighs, Nelly Edwards, Otto Schade, Peter Dennis, Peter James Green, James Field, Peter Jones, Rebecca Denton, Rev Richard Cole, Robert E Wells, Sarah Graham, Richard Spare, Russell Herron, The Cameron Twins, Tracey English, Susanne du Toit, Susie Hamilton, Yeside Linney and many many more!

The secret art auction is held on eBay just look for '[sophiessecretpostcard](#)'.

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Contact Miranda Pennington at: [sophiespostcard@strichardscc.com](mailto:sophiespostcard@strichardscc.com)



Sophie

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# LARGE 90s celebrate 10 years and Pride 2024 with Eastbourne show

**LARGE 90s, the Eastbourne-based 7-piece live band that champions dance music classics from the 1990s is set to host the ultimate party in their home town!**

By **Andy Thomas**

**With a 2-hour set packed with monster hits from The Prodigy, Dee-Lite, Snap, Bizarre Inc. (and many, many more) the band will be supported by local DJ legend, Fergus and popular DJ tribute, Small Paul.**

This event promises to be a night to remember, celebrating the best of the 1990s, when dance music ruled along with the band's 10th birthday! The date, 20th July, has been chosen to coincide with *Eastbourne's Pride 2024* celebrations and will serve as the ultimate after-party with doors opening from 7:30pm and staying open until 1:00am.

## Racquet Studios

Eastbourne's *Racquet Studios* will host the event with a huge sound system courtesy of *Subsonic Events* and *Swe-Taz Promotions* along with a laser and light show to behold.

The venue, better known as the *Gold Room* at Eastbourne's *Winter Garden*, has served as the location where local Virtual Film Production studio, *Racquet Studios* launched in June 2023. With a raft of music videos, TV productions, and commercial work accomplished in the first year of operation, the studios plan to expand into the second half of 2024. This will see the cutting-edge creative tech company relocating to occupy multiple locations and premises as they focus on feature film productions with larger facilities and a growing team.

The studios, which has been active in training specialist skills to young people in the Sussex region, will also focus on further development of a robust education program as the business grows with partners including *East Sussex College*, *Sussex University* and the *BFI*.

## Book early!

Tickets for the show are limited, and the full performance will be filmed and live-streamed by *Racquet Studios* via various social/web platforms for all those who miss the chance to attend in person. Everybody (over 18) is welcome!

Early bird tickets are £15 each and are available until the 15th of June.

From the 15th of June, the regular ticket price will be £17.50 and will be slightly more on the door if any tickets are left on the day. Tickets are available from [www.seetickets.com](http://www.seetickets.com) Search: 'Large 90s'

You can also search **LARGE90s** on *Facebook* and *Instagram* to find a direct link to the event and tickets.

**20th July 2024**  
**Racquet Studios**  
**Winter Garden, 14 Compton St.**  
**Eastbourne BN21 4BP**



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Paul with his creation.

# The Cameraman sculpture bids farewell to the Welcome Building

**HAVING** fascinated visitors of all ages at the entrance of the *Welcome Building* since 2020, the Cameraman sculpture is on the move and is looking for a new home.

By **Gail McKay**

**Building the Cameraman had been an ambition of Paul Spink, local theatre photographer, for 15 years. The pandemic lockdown finally gave Paul the time to bring it to life.**

It took a while to acquire the huge number of vintage 35mm cameras needed to build something on the scale Paul wanted. In addition to his own collection, he sourced them from around the country.

“Cameras and photography are a huge part of my life.” Says Paul. “I wanted to remember how we captured the world through old-fashioned film cameras in a visually stimulating way.”

The Cameraman depicts masses of vintage 35mm cameras growing

up from the ground into the shape of a man. It wasn't initially planned to be quite as large as it turned out! But the scale of the cameras themselves influenced the scale and the design. At over 10 feet high it has real presence and never fails to attract interest.

This isn't the only anthropomorphic sculpture Paul has created. Last year he teamed up with Samara Hume and created a large robot constructed out of VHS video tapes which has been equally popular on display at *The Beacon* shopping centre – albeit on a slightly smaller scale, a mere 7 feet tall.

For more information please contact **Paul Spink**  
[paul@mediaattention.co.uk](mailto:paul@mediaattention.co.uk)  
**07871 881653**

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# The Rattonians 40 years and counting

**THE Rattonians** are without doubt one of the most popular groups in the town.

By **Peter Lindsey**

**Led by the legendary Mel and Mark Adams, the group has entertained many thousands of us with their stunning performances.**

Now, it's 40 years old – and time to celebrate.

Join *The Rattonians* this summer as they celebrate four decades of entertaining Eastbourne!

Take a trip down memory lane as they look back on where they began in 1984 right up to the present day.

Expect to see show-stopping dance numbers, stunning vocals and of course plenty of sequins!

*The Rattonians* have always been dedicated to producing high quality musical theatre and will continue to bring new and exciting theatre to Eastbourne audiences for many years to come!

Monday 29th & Tuesday 30th July – All Tickets: £17

All other performances until August 3rd – Full Price: £22, Under 16: £17.



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# Green and pleasant

**JUNE 20th is the longest day of the year and we all hope that the extra light and warmth will encourage the garden to put on an exuberant burst of growth. That aside, it also means weeds will start to sprout up from seemingly nowhere. Try and keep on top of them by hoeing regularly in dry conditions. Flowers should be blossoming and maybe you have lots to harvest in your vegetable garden. You can harden off any remaining half-hardy bedding plants ready for planting out. Prevent your greenhouse from overheating by remembering to open vents and doors on warmer days and try to check plants daily and water them if the soil is dry.**

By **Geoff Stonebanks**

**If garden visiting is up your street, then June is by far the busiest month of the year for beautiful gardens that open up for charity, notably the *National Garden Scheme* and other local charities. Check out my selection for the *NGS* below and don't forget, if you wish to visit my own garden, pictured in header, perhaps having seen it earlier in the year on *BBC Gardeners' World*, you can call me on 01323 899296 to arrange or email [visitdriftwood@gmail.com](mailto:visitdriftwood@gmail.com)**

## National Garden Scheme gardens

There are many beautiful gardens opening for the scheme, in and around Eastbourne, this month. Firstly, there is the newly named **Eastbourne Central Garden Trail**, which offers four gardens in Eastbourne town centre on Sunday the 2nd June, all within walking distance of each other. The gardens open between 1pm and 5pm, with entry £7. The four plots are 51 Carlisle Road, Dittons End and Hardwycke, both close to each other in Southfields Road and a new garden for 2024, which last opened for the

scheme back in 2005, *Chelmsford Lodge* at 12 Granville Road.

Over in Muddles Green, Chiddingfold, **Farley's Sculpture Garden** is a brand-new venue for 2024, on Saturday 8th June between 10am and 4.30pm, with entry £6. The garden presents their permanent collection of works, chosen by photographer Lee Miller and surrealist artist Roland Penrose, alongside works by contemporary guest sculptors.

Just north of Hastings, in Broad Oak & Brede, **Waterworks and Friends** open the garden gate to two gardens, 4 Waterworks Cottages in Brede and *Sculdown* in Broad Oak. The date, Saturday 1st June between 10.30am and 4pm with entry £6. An opportunity to visit two unique gardens and discover the Brede Steam Giants 35ft Edwardian water pumping engines, and Grade II listed pump house located behind 4 Waterworks Cottages.

Over in Seaford on Sunday 2nd June there are ten assorted gardens opening in the town between 11am and 5pm. Combined entry to the trail will be £8. Maps will be available in each garden. 10 Clementine Avenue is brand new for 2024. Please note this is not a walking trail. Full details on all the addresses and other details can be found in the Sussex booklet or online at: [www.ngs.org.uk](http://www.ngs.org.uk)

## Tropical influence

If, like me, you want a little tropical influence in your garden, then why not invest in a thoroughly hardy plant like *Aloe striatula*. It is an evergreen succulent with bushy, scrambling stems. It can be grown under cover or outdoors! The stems and leaf sheaths are striped light and dark green. Yellow racemes of flowers with protruding orange stamens are produced on

spikes 40cm high in summer. They always remind me of mini bananas, once they have turned yellow! I have two large specimens, both in the ground in the gravel garden at the back of the house, one either side of the central path up to the summer house. Indeed, one had got so big last year that I had to cut it back last Autumn and masses of small new growth has now emerged on the woody stems. They need no winter protection in my garden! They originate from South Africa and look pretty amazing planted with palms and grasses. Outdoors protect from excessive winter wet by ensuring very sharp drainage and plant in full sun.

## Garden tasks for June

As well as enjoying your plot this month there are a few jobs to be getting on with too. Something I'm not very good at, as I get impatient and want to plant summer annuals, is to wait until spring bulb foliage has died back naturally before cutting back! If you have sweet peas, start to pick as soon as they flower to encourage more growth. As new shoots appear on climbing plants such as honeysuckle and clematis, make sure you tie them up, to train them where you want them to grow! Any hardy geraniums in the garden will benefit from a cut back after flowering to encourage more to follow. This month is the time to pinch out the tips of fuchsias too thereby creating a more-bushy plant and more blooms.

Read more of Geoff's garden at: [www.driftwoodbysea.co.uk](http://www.driftwoodbysea.co.uk)

Geoff is a multi-award-winning garden owner, garden writer & broadcaster. Driftwood has appeared twice 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 two Royal Garden Parties, in 2018 and 2023. Read the many published features on the garden in national, local and worldwide media, including TV.



# YEAR 10

# TASTER DAYS

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