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July 2024

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Fleur-Rose McQuillan.

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

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Summer is here – and the town's feeling great

AS we enter July, the *International Tennis Week* will have finished in Eastbourne – and what a bumper week that always is.

By **Peter Lindsey**

It just showed how valuable the whole event is to Eastbourne, and let's hope something similar can be repeated going forward.

Achieving that may not be easy, given the recent LTA decision to downgrade the tournament from 2025, but we know that Stephen Holt and his team will fight hard for Eastbourne.

Visitors to our town remain the lifeblood of our town so events like the *Bike Nights* in *Victoria Place* are so important to our businesses.

I went down there for the first time to see what it was all about, and yes it's very impressive, and great for Eastbourne. Well done *Your Eastbourne BID* for arranging these nights.

It's been great going around town meeting so many different people in the past few weeks.

Towner

I popped into the *Towner* to meet Director and CEO Joe Hill. We talked about the benefits of *Towner* locally both in terms of bringing visitors in as well as opening the cultural offering to so many local residents and families as well.

We also talked about the *Black Robin Farm* plan – see article on page 5 – and his belief that it will bring so many benefits to Eastbourne and the Seven Sisters. Let's hope it will.

Talking *Towner*, I also sat down with Phil Cameron. He's the businessman

who runs *The Eight Bells* at Jevington, the *Light* cafe at *Towner*, and now *The Bohemian*, formerly the *Stage Door*, by *Eastbourne Theatres*.

We met at *The Bohemian*, and Phil and his team have done an amazing job there. It's very impressive and well worth a visit.

Back into Eastbourne Town Centre, and great to see Mozmil Hussain running restaurants again after success at *The Spice Garden* for more than 25 years. His new venture is the Italian restaurant *Rossoitaliano Bistro* in Grove Road.

Little Chelsea

His restaurant was one of the many shops and businesses taking part in Eastbourne's *Summer in Little Chelsea* event.

Again, another success in Eastbourne.

Yes, times may not be easy but summer is here (we think) and we have to so much to offer in our wonderful town.

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Lightning support

LOCAL Full Fibre Broadband provider *Lightning Fibre* is the Headline Sponsor of the *Hailsham Festival* for a third year.

By **Peter Lindsey**

***Hailsham Festival* features a varied line-up of talented regional artists and a feast of music, dance, drama, literature and street entertainment.**

It represents a celebration of both professional and amateur talent, creativity and imagination.

Ever-popular

The festival, now entering its eighteenth year, is one of the highlights of the town's events calendar, and attracts a cross-section of artists and performers from the South East and further afield.

Festival Chair Tony Biggin said: "*Lightning Fibre* has financially supported the *Hailsham Festival* for three years, helping us deliver and grow our ever-popular Festival.



"Without the support of businesses like *Lightning Fibre*, the Festival would not be possible.

and we hope lots of people will experience and enjoy this year's festival in September."

"The arts represent a vital component of our culture, enriching our community and creating a vibrant landscape from which we all benefit."

Rob Reaks, *Lightning Fibre* Sales and Marketing Director recently joined *Hailsham Festival* Chair Tony Biggin and Hailsham Town Mayor Cllr Paul Holbrook at *Hailsham Pavilion*.

He said: "We're delighted to sponsor the *Hailsham Festival* once again,

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For more information about the Festival visit:

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Image: Finian Reece Thomas, Feilden Fowles.

World Heritage Site

"I would like to see Eastbourne and the Seven Sisters become an *UNESCO World Heritage Site* – *Black Robin Farm* would need to have outstanding universal value. This is our big opportunity to lay claim to a bigger landscape.

"I want to work with the local farmers, mixing art, heritage and the landscape. There will be a new pathway to the *South Downs Way*.

"There's a misconception that the first round of *Levelling Up* could have been used in other ways throughout the town.

"There were very strict guidelines from the government that prioritised new visionary projects that would bring the most economic benefit to the town.

"This project was absolutely key to the success of the bid. Culture and heritage is a priority strand for the *Levelling Up* agenda and without *Black Robin Farm* we may not have received the money at all.

Bigger vision

"Eastbourne has to have a bigger vision. We need to take the energy from the Downs and put it into Eastbourne.

"*The Arts Council* has shown that it wants to invest here, and the government has shown that same commitment.

"We want to restore amazing buildings, protect the natural landscape, and be carbon neutral by 2030. It will be amazing architecture on the Downs and it will leave a legacy of celebrating the natural landscape that's all around our town."

Exciting plans for centre

THIS is a huge opportunity and one we must make the most of – so says Joe Hill, *Towner* Director.

By **Peter Lindsey**

We're talking *Black Robin Farm* – part of the exciting £20 million *Levelling Up* project for Eastbourne and the Seven Sisters.

The plan is big – a new arts, education and cultural centre in the unique landscape of the *South Downs National Park*.

There will also be a museum, events space and creative industry units for 16 businesses.

Incredible opportunity

Work starts this year and Joe says Eastbourne must capitalise on this incredible opportunity.

"We have to play on the strengths of our town and also our history, and we need to build the offer for our visitors, many of whom come from Brighton and London.

"I came to Eastbourne in 2018 and I could quickly see the potential. Eastbourne has never been a 'kiss me quick' seaside town and world class culture and landscape have always been central to the offer.

"Today *Towner* is known as one of the best galleries nationwide and it's important to me that we help Eastbourne more widely.

"As a resort, Eastbourne has always relied on the beautiful seafront to attract visitors but we have this most amazing site in the countryside and I asked – Is there something creative we can do here to connect the landscape with Eastbourne?

"Eastbourne could make a lot more of its proximity to the global honeypot of the Seven Sisters.

"The visitors are coming to the Seven Sisters and the Downs – the people are already there – but too many are not then coming into Eastbourne, and we want them to. We need them to.

Massive benefit

"We need to increase the spend. Our research shows that a day tripper coming to Eastbourne may spend up to £80. If they stay overnight, that rises to £500. That's a huge difference and of massive benefit to our economy locally. Our research also shows that culturally engaged visitors tend to spend more with independent local businesses, and the *Turner Prize* alone contributed an additional £16.1 million to the Eastbourne economy."

Education is key – Joe wants to see young people visit the new attraction. There will be kitchens, for example, where they can grow and cook food together.

Heritage is key too, including the flint landscape.

And he says the Visitor Attraction itself will be imaginative.

A catalyst

"The project has to be a catalyst for other things. How about a shuttle bus service from the railway station onto the Pier and then the Seven Sisters? It's only through ambitious projects like *Black Robin Farm* that we can start to have these strategic conversations about these connections between Seven Sisters and Eastbourne.



Image: Finian Reece Thomas, Feilden Fowles.

Power up your brand:

THE unbeatable advantages of sponsoring *Eastbourne DigiFest*.

By **Donna Fielder**, Switchplane

***Eastbourne DigiFest* is back by popular demand on Thursday 10th October 2024, showcasing the best of creative, digital and tech in the South East.**

Attracting a footfall of over 400 attendees, last year's highly successful flagship conference demonstrated the strength and diversity of our region's creative,

digital and tech (CDT) community. We are now looking forward to this year's event, and there are many opportunities for your organisation to be part of it.

Put simply, if your operation or customer base resides in the CDT industry, or you're supporting skills development in those areas, you can't afford to miss out on having a presence.



Here are six ways you can benefit from sponsoring *Eastbourne DigiFest*:

- Raise your profile within one of the most forward-thinking sectors in Eastbourne.
- Reach freelancers, professionals, decision-makers, and students in the CDT spheres who don't typically attend networking events.
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- Become a part of our ever-expanding CDT community.
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For information on all available sponsorship and exhibition opportunities, visit:

www.eastbournedigifest.com

or email:

hello@chalkeastbourne.com

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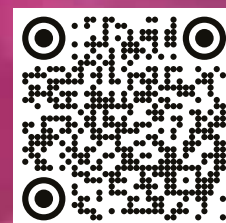
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Sun, sea and the South Downs



Is the lifestyle that’s on offer in Eastbourne as Open Days unlock the secrets of luxury residential park living.

By **Harry Farmer**

Residential park living is coming to the south coast, with work now under way to create yet more luxury living opportunities at the *Castle View Court* development at Pevensey Bay.

The keenly anticipated project, which will provide more unrivalled quality-of-life opportunities for over-45s in one of the sunniest spots in Britain, already has 40 state-of-the-art properties on the site near to the seaside town.

The development of over 160 energy efficient new homes, is a huge boost for housing provision in the exclusive coastal resort, where property is at a premium.

A series of Open Days – to be held over the summer – will give prospective buyers the opportunity to inspect the stunning Show

Homes which have been created at *Castle View Court*.

Joe Brunton, Sales Manager at the development, said: “*Castle View Court*, exclusively for people aged over 45, will provide a secluded location, with a stress-free environment, surrounded by friendly, like-minded people.

“The homes, all of which carry a manufacturer’s guarantee, are ready to move in, with no need to decorate or update, and could be ideal not only for people looking for lifestyle living, but also for buyers downsizing from larger properties.”



The new properties at *Castle View Court* feature modern, fully fitted kitchens with integrated appliances, a comfortable living room and two bedrooms, one of which has an en-suite bathroom.

They will sell at prices ranging from £235,000 to £350,000 with the development offering up to 100% for part exchange.

www.castleviewcourt.co.uk
01323 886754

Mandy is one very kind woman

MANDY Berry runs *Mandy’s Kitchen* cafe on The Hydneye roundabout, Hampden Park.

By **Peter Lindsey**

In fact, she bought it three weeks before the first Lockdown.

What she does now is so very kind – she operates a Pay It Forward scheme where customers purchase ‘an extra’ so that anyone struggling with the cost of living crisis can benefit.

Mandy said: “It really is as simple as it sounds – you come in, order your food and drink – and then you donate, either by buying an extra item or donating cash. That then goes on the board and it goes to someone who needs it in what are challenging times.



“Buying a kid’s meal is particularly popular. It would be great if every cafe did it because believe me it does make a difference to people in need.”

Mandy also works with the *Eastbourne Foodbank* who come to Hampden Park every Wednesday at *The Gateway Centre* on Lottbridge Drive. She gives *Foodbank* staff around ten of the meal tickets every week.

She said: “We are grateful to everyone who comes in, shows their kindness, and takes part in the Pay It Forward scheme.

“We need your help more than ever to replenish the tickets on our board. Up until now our customers have been great, and we need to keep up the momentum.”

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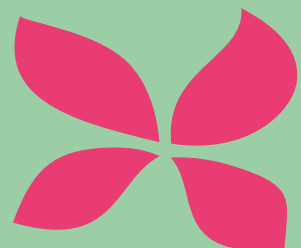
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Ditzy Media celebrates 10 years in business!

MINA O'Brien began *Ditzy Media* in July 2014 after a long career in local government, establishing a Social Media Agency which has a fabulous reputation for training and supporting businesses and non-profits.

By **Harry Farmer**

A real driver for Mina was establishing a service-based business in the heart of Sussex.

"When I left local government, I was very passionate about working

in and for my local community. Happily, *Ditzy Media* has given me the opportunity to build a business which has over the years employed a number of young people and provided work experience

opportunities. I am delighted to have trained hundreds of businesses and non-profits over the years and achieved over 500 5* reviews as well as winning awards for our customer service.

Ever changing

"Social Media continues to be an area where people need training and support. It is ever changing, so we are able to provide the community with access to information and guidance, as well as offering our services if they need to outsource."

Outside of *Ditzy Media*, Mina is also a Director of *Eastbourne UnLtd*



Mina O'Brien

Chamber of Commerce and is Chair of *Eastbourne Carnival CIC*.

Here's to another fabulous 10 years!

If you need social media training or support, contact *Ditzy Media* – www.ditzymedia.com

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Artisan Market and more at the Waterfront

THE Waterfront at Sovereign Harbour Eastbourne boasts an impressive array of cafés, restaurants and bars, as well as hair and beauty experiences, indoor crazy golf and a clothing boutique.

By **Taria Williams**

Plus, if you'd like to stretch your legs there are coastal walks just a stone's throw away, boat tours of the marina and the option to charter a boat.

Perfect for all the family, open seven days a week and with always something going on, at *The Waterfront*. Parking is free with 418 general parking bays across two car



parks and 20 disabled parking bays in the main *Waterfront* car park.

programme at *The Waterfront*, Sovereign Harbour.

Events

We have numerous events throughout the year; Easter egg hunts, half term activities, an urban beach area in summer, car events, fairground rides, Christmas festivities and four artisan markets. Our summer artisan market is on Saturday 13th and Sunday 14th July, so keep reading to find out more.

With so many tempting treats to choose from and new products to explore, we have homemade preserves and jams, hand crafted silver jewellery and fragrant candles to name a few. Come and enjoy our *Summer Artisan Market* on Saturday 13th and Sunday 14th July from 10am to 3pm.

Artisan Market

Celebrating the best of local businesses, our seasonal artisan markets at *The Waterfront* aims to support small, independent businesses in East Sussex and help build a community and events

Contact

We're always looking for new businesses to be involved in our markets, so if you're interested in a pitch for our next markets, please email contact@eastbournewaterfront.co.uk for more information.

Championship Haggis Hurling comes to East Dean

ONE of the many attractions at the *East Dean and Friston Summer Fete* is Championship Haggis Hurling.

By **John Wilton**

Additional classes may be added at the discretion of the organiser.

The Fete is on Saturday July 20th and runs from noon until 4.30pm.

Prizes for the adult winners will be sponsored by *Long Man Brewery*.

Haggis Hurling is an event for people of all ages with categories for children under 9, under 11, under 14 and under 18.


The cost of haggis hurling is:
Under 18 – TWO hurls for £1.
Adults – TWO hurls for £2.
Extra hurls half price.

Prizes will be sponsored by *Morrisons* of Eastbourne.

All proceeds to *Eastbourne Foodbank* and sponsorship forms are available on request for the *Foodbank* or for your chosen charity.

There will also be events for adults with special categories for veterans over 70 and over 80.

For more information, email: johnpwilton@btinternet.com



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The Ultimate convenience store

31st May saw the opening of the new *Londis* convenience store.

By **Gail McKay**

This was no ordinary opening, Dennis attracted 100s of new customers with delicious free food, prepared daily, instore, and served warm. This included breakfast wraps, cheesy bakes, sausage rolls, potato dogs, and Danish pastries. I tried them all and they were absolutely delicious!

Grand Opening

Josh Baberinde OBE and Councillor Christina Ewbank, were invited to cut the ribbon, Dennis gave 150 goody bags away with drinks and snacks, and generally caused quite a stir on Seaside. Lucky shoppers also got a free bottle of wine when they spent £15.

They've since raffled off a 43" Smart TV to raise money for *Inspire Sussex*.

Beer Cave

The beer cave has created the most interest by far since opening. Dennis admits he wasn't convinced it

was going to be worth it but has certainly changed his mind. 'You can come in and buy a whole crate of chilled beer. You can't do that anywhere else in Eastbourne'

There is an extensive selection of chilled beer and wine, just ready to pick up and go. The ultimate convenient store.

Other completely unique attractions include the HOT AND COLD COSTA machine, with iced coffees as well as the usual hot drinks and the Bubble tea machine.

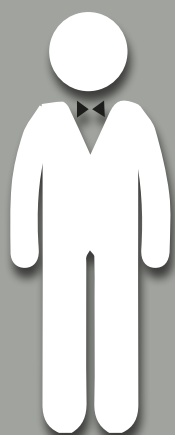
The next stage is expanding through the back of the shop to accommodate the new international food centre.

Special deals right now include a regular coffee and sausage roll for £3.

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Londis

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Skydive for big cats

BOTH Lisa and Peter co-owners of *Ginger & Sanders*, an independent property service company, recently decided to raise money in aid of the *Big Cat Sanctuary* by completing a skydive.

By **Fleur-Rose McQuillan**

The pair share a keen interest in the preservation of wild cats. In fact, Peter volunteers every Thursday at the *Big Cat Sanctuary* and has previously completed his own skydive so now it appears to be Lisa's turn!

The Big Cat Sanctuary

The *Big Cat Sanctuary* set at the heart of the countryside in Smarden is a centre dedicated to the conservation of wild cats, whose objectives are the welfare, breeding, education and conservation. They play a vital role in saving some of the planet's most endangered species from extinction with their contribution to the accredited global breeding



programmes as well as their donations to in-situ conservation projects. The centre offers a variety of experiences from overnight stays to educational tours. The charity is fundamental to ensure the longevity of large cat breeds and has become very close to the pairs' hearts.

Campaign

The charity's "Big Cats in Crisis" campaign aims to provide homes for five African lions currently housed at *Wildlife Animal Rescue (WAR)* in Kyiv, Ukraine. There are four

lionesses and one male lion who the sanctuary are currently looking to bring to their site in Kent.

Sponsoring Lisa to jump out of the plane would not only guarantee funding for transportation cost but allow the building of a brand-new rescue centre specifically catered for their needs.

Please visit: www.Justgiving.com and search for 'Lisa Sanders'.

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Downland In-Bloom

PUPILS from *Shinewater Primary School* gathered at Holywell to meet Mayor, Cllr Candy Vaughan, plus invited guests, as part of the ‘*Downland In-Bloom*’ initiative organised by *Eastbourne Education Business Partnership*.

By **Peter Lindsey**

The school won the annual carpet garden competition for Eastbourne primary schools in March. The pupils helped Keith from *idverde UK* to finish planting out their winning design.

This is the 30th annual carpet garden design created by pupils from local primary schools and planted at Holywell for *Eastbourne Borough Council*. The initiative contributes to the children’s curriculum work by putting



learning into context and developing links beyond the classroom.

The ‘Downland’ theme enabled the pupils to learn more about the amazing downland and the plants and wildlife right on their doorstep. The competition finals coincided with the start of *British Science Week*.

The distinctive planted design will now be seen by the many hundreds of visitors to Eastbourne and local residents over the summer months.



For further information about *Eastbourne EBP* and the 2025 ‘In-Bloom’ competition for primary schools please contact: tim@eastbournebp.org.uk



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www.ageukeastsussex.org.uk





30,000 visit Raystede charity shop

SO, how popular are charity shops?

By **Peter Lindsey**

Very, it would seem – this one has had 30,000 customers in its first year.

Raystede Centre for Animal Welfare held a first birthday party, attended by staff, volunteers and Honorary President Morgan Williams at its shop in Vicarage Fields.

Guests included the Mayor of Hailsham, councillor Paul Holbrook.

Since opening, the shop has raised a fantastic £134,000.

All the profits raised help to fund Raystede's mission of caring for and rehoming rescue animals.

This figure is enough to pay for three weeks of ALL Raystede's animal care and education services.

Councillor Holbrook paid tribute to Raystede: "This is a brilliant shop run by brilliant people, and it just shows how busy Hailsham High Street is.

"And of course, it goes without saying that 30,000 customers in the first year of being here is amazing. Well done to everyone at Raystede."

Raystede is also holding surgeries in Eastbourne during July where you can access free advice about your pets.

Full details are on its website at: raystede.org/pop-up-pet-advice

info@raystede.org
(01825) 840252

**The Broyle, Ringmer,
East Sussex BN8 5AJ**



£2 for 10 items at Community Fridge

A COMMUNITY Fridge is a space that shares food and connects people.

By **Peter Lindsey**

There are five in Eastbourne, and we visited the one at Seaside.

People of all ages pop in, with the oldest customer 84.

The Seaside Community Fridge and Shop is at 125 Seaside, and it plays a key role in bringing the community together.

It's also a Charity Shop, and it's a place where you can buy items such as toiletries and cleaning products cheap.

One of its main offerings is the Community Fridge – where people can come in and have 10 items, for a suggested donation of £2.

You can also borrow items such as a pressure washer, vacuum cleaner or wheelchair.

More than 200 people visit the shop each week, which opens Tuesday noon until 3pm, plus Wednesday and Thursday, both days 11am until 3pm.

There are also After Schools clubs on a Tuesday.

Susan Morris is one of the Trustees: "It's a Community Centre where we welcome everyone to pop in for a chat and a cuppa.

Susan said: "We are a charity and we can offer so much to the local community. We've been here on Seaside for three years.

"Please come and see us and say hello. You will be guaranteed a warm welcome."

"But central to what we do is the Community Fridge – which has become so important to many of your people who come in.

"We are in a cost of living crisis so offering ten items for £2 is really attractive to many.

"We offer so many items – eggs, chicken, vegetables, fruit, rice, yoghurts, pasta, bread and so much more."

Susan and the team collect from Tesco, Sainsbury, Aldi, KFC and Waitrose. The primary aim is to save food from going to waste.



Town Centre Businesses:

Don't Forget to Vote YES to Your Eastbourne BID



These businesses are voting **YES** to a second term for Your Eastbourne BID. Here's why...

"Your Eastbourne BID has worked to integrate culture into the town centre... [which is] instrumental in supporting a town's economy... **working with the BID will inject colour into Eastbourne** and benefit us all."

Joe Hill
Towner Gallery



"I know how hard **the BID has worked to provide top quality events in our town**. My customers rave about the pop-up park every year...the BID team provide guidance, advice and on the ground support."

Katarina Tutt
Qualisea



"Lewis and Scott, the BID ambassadors, are always available to help and support our team. **Their support for businesses is invaluable if we want a safe town for our customers.**"

Jon Tompsett
Boots



"[For] our successful campaign to increase the pedestrianisation in Bolton Road...[Your Eastbourne BID] immediately stepped up, supporting the petition and giving us access to the decision makers. **We need the BID to continue to represent our voice at the highest level** – and provide the guidance, expertise and knowledge to help all our businesses grow."

Andy Spirou
Urban Ground



"The BID is the **only organisation dedicated** to supporting, working and improving the town centre for businesses..."

Cathy Sandwell
Profile Hair and Beauty



For more information and how to vote visit:

youreastbournebid.com

Voting is now open until 5pm on 25th July.

Without the BID, town centre businesses lose all this and more. **Vote YES** so the BID can continue to enhance cleanliness, promote events, improve safety, and lobby for further investment in Eastbourne.



Looking for your next challenge?

By **Gail McKay**

Whatever your ability you can take part.

The route runs between Eastbourne and Hastings Piers with three distance options –

- 25 k (15.5 miles) Eastbourne to Hastings.
- 5k (2.5 miles) from Eastbourne Pier to Sovereign Harbour.
- 10k (5 miles) from Eastbourne Pier to Sovereign Harbour and back.

Starting underneath Eastbourne Pier, the route follows the coast with some beach sections (it will be low tide) until Cooden Beach when it is back on the road re-joining the prom to Bexhill and on to Hastings Pier.

Pier2Peer is the main fundraising event in the *Wayfinder Woman* calendar and as such is crucial for our mission to provide a unique service for women in our community who need our help.

Charity Founder Laura Murphy said, "We need to raise £10,000 a year to keep our drop-in centre open which is a safe space for women, and an additional £8,000 a year to provide free workshops and peer support to women. Women like M who says, "having somewhere to explore what I was going through without them already knowing me felt like a judgement free zone and a safe space to talk."

We would like to thank our *Pier2Peer* sponsors *Mark Bishop Plumbing Ltd*, *Bodi Blossom* and *Mayo Wynne Baxter*."

Please get involved. It costs just £15 to register and every £ really helps. In addition if you are able to gain some additional sponsorship that would be amazing.

<https://register.enthuse.com/ps/event/ThePier2Peer2024>

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*Clockwise from bottom left:
Ginger & Chilli Calamari;
Hand Cut Chips; Goats
Cheese Mousse, Pear Pine
Nuts; Cornish Crab
Bruschetta; Kaarage Fried
Chicken Burger; Founder of
Chef & Butcher - Shawn The
Chef*

In the heart of Eastbourne...

The arrival of *Chef & Butcher* into the heart of eastbourne has become one of the tastiest developments in the towns food scene. Shawn the Chef has created a menu that encapsulates both the bold British flavours we love, with tasty, aromatic flavours found in the countries he's travelled across the world.

Meet the Chef

What inspired you to become a chef?

I've always had a curiosity for different cultures cuisines and flavour combinations. I love to share my food with people and want to create the most memorable experiences for my customers. Being a chef gives me a way to express myself, the thrill of creating something new can be a very rewarding experience.

How to Contact

Keep an eye out for the latest deals and events over on their facebook page, Chef & Butcher Eastbourne.

Call The Dolphin on [01323 746622](tel:01323746622) for restaurant bookings or Shawn directly on [07399062355](tel:07399062355) to hire him for any private functions.

The restaurant is open 7 days a week. Find them located at:
*The Dolphin, 14 South Street,
Eastbourne, BN21 4XF*



What influenced your current menu?

I travelled when I was younger and found inspiration in the countries I visited. These have always had a big influence on my menus, from my confit duck taken from the years I lived in France, to my ginger & chilli calamari inspired from my travels in Asia.

What is your definition of success?

Happiness, my well-being and the comfort of my family. My family have always been my biggest fans, always there to test run my new menus for me. What a hardship for them... But seriously, knowing what I'm doing is making them and myself proud, is *the* definition of success for me.





Free music sessions

AUDIOACTIVE
Eastbourne –
Summer Music HAF
Project (11 – 16yrs).

By **Gail McKay**

AudioActive will be running FREE Holiday Activities and Food (HAF) music-making Sessions in Eastbourne during the Summer break.

These sessions are open to young people aged 11 to 16 who are eligible for free school meals (Benefit-related Free School Meals recipient).

Led by professional artists, the project provides an opportunity to rap, sing, produce and record music. Participants will also receive free food and they will be signposted to further opportunities (and have the chance to earn 'digital badge' accreditations).

Date: 13th, 14th, 15th of August.

Time: 10:30am – 2:30pm

Location: Leaf Hall, 51 Seaside, Eastbourne BN22 7NB

To sign up, please visit:

www.eequ.org/audioactive

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

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

Rupert's mind-blowing pictures now on display

EASTBOURNE'S Rupert Kirby has proved an online hit with the amazing pictures he posts on social media.

By **Peter Lindsey**

So much so that Rupert now has a portfolio online displaying the very best of his images.

He works as a Business Manager at the *Let's Do Business Group* and

was previously Senior Relationship Manager for *NatWest*.

100-mile walk

Rupert is incredibly well known locally. Last May, he completed a 100-mile walk on the *South Downs Way* to raise funds for *Neuroendocrine Cancer Charity*. He has Stage 4 cancer.

A thousand words

He says: "A picture is a thousand words. Great ones can tell a story, create wonder and inspire. I am chasing the great ones and love it."

"It's turned into a fantastic hobby for me, and I am thrilled that some people get so much pleasure from looking at my images."

Portfolio

You can view more of Rupert's wonderful pictures at:
www.rupertkirby.smugmug.com





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From The Grand Hotel to The Holly Blue

OLLIE McTear has worked in hospitality for around 25 years. He was Bar Manager at *The Grand* for ten years and has spent the last six as General Manager at the popular *Crown and Anchor*.

By **Peter Lindsey**

Now he has decided the time is right to take on his own business – and he's now the boss at *The Holly Blue* on the Hailsham Road at Pevensey.

It's a family-friendly pub and restaurant, and Ollie says it's now about a whole lot more too.

He said: "I decided the time had come for a change and a challenge, and we found *The Holly Blue* which we realised needed a lot of love and a lot of work.

"The service level is now very high. Yes, we do offer a carvery but we also offer other quality meals – we have a full menu on offer.

"We have high quality staff. One chef from *The Grand* is now here so too are colleagues from the *Crown and Anchor* who left there.

Embracing the community

"It's all about embracing the community and that's what *The Holly Blue* is now doing.

"If you don't currently come, visit us and give us a try.

"Many people will remember this place when it was called *Coopers*. I have childhood memories from *Coopers*, and I want to create childhood memories here for families now as well.

Everyone welcome

"We welcome families with children, including kids and grandparents. We welcome dogs and it's a really safe and nice place to come and visit. We also remain very loyal to our daytime trade.

"We have new chefs, a new team and new passion."




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Sanctuary nomination

A LOCAL community organisation based in Eastbourne has been nominated for a prestigious national award – *The King's Award For Voluntary Service*.

By **Peter Lindsey**

Sanctuary Eastbourne 'warmly welcomes people seeking refuge' – and, as I found out on a recent visit, it does incredible work.

Gill is one of the Directors, and she talks warmly of the ongoing work:

"It's about showing people who come to us that each of them is an individual of value. We try to give people a sense of purpose.

Sanctuary Eastbourne offers a safe space here in Eastbourne for refugees, migrants and those seeking asylum.

The three Cs which make up Sanctuary's core purpose are key:

Community – giving a sense of belonging and support

Connection – to local people, places and activities

Counsel – signposting for immigration, healthcare, job seeking and more.

Gill told me: "We began seven years ago when we were motivated by trying to find an answer to the question 'who welcomes and supports those who make the harrowing journey to be here?', and found that **we** needed to be the answer to that question.

"Many need help to access healthcare, they may need somewhere to live and they often have no other form of support.

"There are sometimes language barriers and asylum seekers are not

usually allowed to work while their application is being processed (and that can take years). We offer free English conversation classes, since improving their English will help them overcome other barriers.

"We provide a welcoming space and we offer compassion. Many have had no choice but to leave their families, their lives, their cultures to come here, and our support is crucial.

"Very often, they say we are like a family to them."

Sanctuary Eastbourne offers a range of activities throughout the week, which gives people the chance to connect over sport, art projects, English conversation courses, and local volunteering amongst other things.

Sanctuary partners with other local charities to offer activities such as yoga classes, walks in nature and a community kitchen, where our clients can prepare food and eat together.

Gill said: "We encourage them to visit us in our weekly hub every Friday from 10:00am–12:00pm in *All Souls Church Halls* (near *Iceland*)."

Sanctuary Eastbourne has around 30 local volunteers and is keen to encourage more. At its height, there were more than 430 people seeking asylum accommodated by the Home Office in Eastbourne hotels. That meant that Sanctuary often had well over 100 clients visiting their hub each Friday morning.

Gill said: "There remains a big need in Eastbourne, and we are here to



try to meet that need in a kind and inclusive way.

"We are absolutely delighted to have been nominated for *The King's Award For Voluntary Service*.

"It is a tremendous honour, and we will hear in November if we have been successful.

"There are some real heart-warming stories how people have come to us with nothing, and we have helped to turn their lives around – including on occasions helping people to find a reason to live when they felt suicidal.

"Imagine how challenging it is to arrive in a foreign country, and be placed in a room knowing nobody. You may not be able to communicate

well, you have very few possessions (many arrive in shorts and flipflops even in winter), and your family is far away back in your home country. It is a hugely worrying situation for these people and we are proud to be able to be of some assistance to them.

As the writer Gideon Heugh puts it **"The debate around migration is complex, but the way we should treat people in need isn't."**


Sanctuary

www.sanctuaryeastbourne.org
info@sanctuaryeastbourne.org

Chamber Golf Day raises record amount for local charity

The Golf Day took place on 17th May and was attended by 19 teams - one for each hole and one to prop up the bar!

The event was sponsored by Group 1 Hailsham BMW & MINI and there was a hole-in-one competition to win a brand new BMW, sponsored by Mango Insurance and FJN Growth Solutions. Sadly, nobody managed the hole-in-one, but we're grateful to Mango, FJN and Group 1 for their kind support.

On the day, we were blessed with good weather. A mixture of competitive spirit and the lure of the after-golf dinner propelled the players for a full 18 holes.

The good and the great (and, perhaps, not-so-great when it

comes to golfing) of Eastbourne Chamber were out in full-swing for an enjoyable day, which raised an amazing £9,015.05 for Children with Cancer Fund.

Eastbourne Chamber would like to thank The Royal Eastbourne Golf Club for accommodating us so wonderfully. A special mention to Jill Benjafield, Membership and

Events Manager at the Chamber. Jill worked tirelessly for months to promote and organise the event and make it the success it was.

Eastbourne UnLtd Chamber of Commerce would like to thank the following businesses for sponsoring a golf hole: Abacus Flame, The Glass House, 4Golf, Herron Fisher, Orange Beach Bars,

Cadence Cycle Club, Ventilation Hygiene and Telecom Direct.

THE WINNERS WERE:

First place: Mango Insurance

Second place: A Chamber team: John and Connor from 4Golf, Ashley Chapman from PRG, and Dan Auer from Luxscapes

Third place: Orange Beach Bars, Harvey's Brewery, Peter Matthews from Sutton Winson and Paul Hetherington of Vistage

Fourth place: A Chamber team: Harley Discala From Newman Business Solutions, Marcelo de Freitas from Tricres, Ben Hanny TQ Design and Build, Kiel McHugh from KM PlumbSafe

Fifth place: Colbran and Wingrove.



Bees Homes Marks 7 years of exceptional service



As they celebrate their seventh year of selling beautiful homes, we checked in with Bees Homes to find out the secret to their success...

Here are 7 characteristics clients say make Bees Homes stand out:

Dedicated: "We were never just a number to you." From the home

consultation to negotiating our sale; your commitment and dedication shone through.

Effective: "Bees Homes' results-driven approach ensured our journey was both efficient and successful. Ana said you would sell our home and you did!"

Focused: "You were available whenever we needed you and we knew you were focused on getting us the best price and the right buyer."

Innovative: "Yours was a refreshingly different and personalised approach to selling. We appreciated the time spent staging and presenting our home to its fullest potential."

Professional: "The term 'Property Matchmaker' intrigued us. Your approach to qualifying prospective buyers meant the only viewers you brought were serious, not speculative."

Supportive: "We felt you were with us every step of the way offering guidance and support. And our success was your success."

Unique: "Bees Homes is a breath of fresh air in the real estate market." The unique approach, from bespoke brochures to tailored 'Buy Me' boards, ensures your experience is truly one-of-a-kind."

To learn more about Bees Homes, visit www.beeshomes.com Call on 01323 332344 or email: info@beeshomes.com

Join us at the Royal Eastbourne Golf Club for a magnificent day of golf in aid of St Wilfrid's Hospice.

The day will start at 10.30am with breakfast in the club house. Tee off at midday with a shot-gun start, enjoying 18 holes on the beautiful Devonshire course.

Afterwards, there's a two-course dinner with entertainment, a fabulous raffle and prizes; perfect for winding down after a competitive day on the course.

The cost is £70 per person. In teams of four. We are also taking individual bookings if you want to join a team.

Book your place today

• stwhospice.org/golfday
• 01323 434221
• corporates@stwhospice.org



New members for June

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Introducing VAB-U: ditch the bland, build a personal brand

Tired of marketing that's as exciting as watching paint dry? Do you dream of a brand that screams YOU, attracts your dream clients, and makes your business absolutely VAB-ulous? Then come check out the new hub in town: VAB-U building Visibly Authentic Brands.

VAB is more than just a branding agency; it's a sisterhood of creative women entrepreneurs who are all about helping each other shine.

We get it – marketing yourself authentically can feel like trying to find a unicorn in a field of horses.



That's why we've created a space where you can connect with like-minded women and access the expertise you need to build a brand that's as unique as you are.

Our team of branding rockstars will be your personal hype squad,

guiding you every step of the way. From figuring out your core values and crafting your message to designing a visual identity that pops, we've got your back.

Need a killer logo? Website that wows? Social media that slays?

We do it all: graphic design, blog writing, brand photography, content creation, web design, email marketing, and social media management – consider it handled.

So, whether you're just starting out, giving your brand a makeover, or ready to take things to the next level, VAB is here to help you build a brand that attracts your dream clients and makes your business boom. Check out our community of amazing women and let's make some magic happen!

Visit vab-u.com

Chaseley Trust's Activate Gym: the only gym in the Eastbourne area designed especially for wheelchair users

Eastbourne charity the Chaseley Trust is a care home on the seafront, which provides specialist, complex nursing care for adults with a wide range of neurological and physical disabilities. These disabilities include spinal injury, acquired and traumatic brain injury, stroke, loss of limbs and progressive conditions such as Multiple Sclerosis, Motor Neurone and Parkinson's Disease

The Trust's Gym Activate Gym is now open to the public. Activate is the only gym in the Eastbourne area that is especially designed for wheelchair users. Offering Neuro-physiotherapy with certified specialist personal trainers, the gym is kitted out with specially-adapted exercise equipment including multi gym, Thera trainer cycles, rowing machine, treadmill, parallel bars, and easy stand gliders.

Their programme is open to everyone and offers personalised exercise plans based on individual needs, determined through a personal assessment.

Chaseley's trained staff are available on-site for assistance, or you're welcome to bring a personal assistant or family member.

Sessions, accommodating disabilities, can be up to one hour and are tailored to your needs.

Single-session and monthly memberships are available.

After your workout, you're welcome to enjoy the gardens and terrace on the seafront and refreshments at Chaseley's CasBar.

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- ◆ After your workout enjoy our gardens and terrace on the seafront, refreshments available at the CasBar

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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!

Ryan's mammoth Breakfast Show for St Wilfrid's

RYAN Millns is a local radio presenter who also spent many years spinning the tunes at Eastbourne nightclubs.

By **Peter Lindsey**

His life was turned upside down in 2015 when he was diagnosed with a rare auto-immune condition – which led to a stroke in 2019.

"I really shouldn't be alive," he says, and now Ryan is planning a radio extravaganza to raise money for *St Wilfrid's Hospice*.

He will be broadcasting his breakfast show on *Ashdown Radio* for a staggering 31 hours.

Ryan said: "I was MC for the *St Wilfrid's Rainbow Run* in May, and I realised that I wanted and needed to do more for the hospice.

"It has helped me tremendously and remains terrible underfunded by the *NHS*."

So at 6am on Thursday July 25th, Ryan will host the biggest breakfast show ever, on *Ashdown Radio*. It will run from 6am Thursday to 1pm on the Friday.

Ryan said: "I did this last year for 28 hours – now I am going for 31 and I can't wait. We are hoping to organise some special guests and surprises through the show!

"The support I am getting for this is tremendous. Some people are organising quizzes in aid of my fundraising, or you can simply donate via my *JustGiving*.

"It is a very special event for me, it means the world to me after the many

challenges I have faced since my diagnosis nine years ago.

"After my stroke, I had to learn to do everything again, I had to adapt and overcome, it really was a fight to stay alive and I had a lot of care at *St Wilfrid's* for which I am eternally grateful.

"It is vital for me to give something back to a cause so close to my heart."

Ryan used work as a DJ in *Maxims*, *Atlantis* and the *House of Commons*. He also presented on *Sovereign Radio* and *Arrow FM*.

To support Ryan, please go to: www.justgiving.com and search for '**Ryan Millns**'.

His target is £1,000.



Winnie parties at Rainbow Run!

WHAT does a ten-year-old do for their birthday?

By **Peter Lindsey**

Well, Winnie chose to have her birthday party at the Rainbow Run charity event.

She wanted to do something different to mark turning 10 so she and her friends and family got covered in biodegradable paint running through eight different paint stations in the fields at Nash Street Farm, near Hailsham.

Winnie said: "It was an honour to have my party at *Rainbow Run* and raise money for such an amazing cause, so close to my heart.

"Having lost a close family friend to cancer recently, knowing how well he was looked after by the *Weldmar Hospice* in Dorchester, inspired me to do the *Rainbow Run* with family, friends, and some of their siblings, to support our local hospice.

"I feel very thankful for *St Wilfrid's* as it gives indescribable care for many people and offers

reassurance to families as their loved ones of multiple ages go through end of life treatment.

"It felt very important to use my birthday as a platform to make a difference, rather than spending money on party bags and bouncy castles. Birthdays aren't about presents, they're about making a difference."

Megan Upton, Fundraising Assistant at *St Wilfrid's*, said: "Winnie had the ultimate birthday party to celebrate reaching double digits. She was part of the biggest crowd ever to attend *Rainbow Run*, with more than 1,200 participants, and the DJ even got her up on stage to chat before the run started."

"More than £73,000 has already been raised from the event but if you still have some money to donate, please get it to us by the end of June."



Natalie Baker wins Woman of the Year at the Vendies 2024

NATALIE Baker is the Finance Director for *Westways Vending*, based on Apex Park, Diplocks Way, Hailsham.

By **Peter Lindsey**

She is now the winner of Woman for the Year in Operating, announced at *The 2024 Vendies Awards* held at the *Grand Connaught Rooms* in London.

This award recognised her 25 years in the vending industry, and her

position as the youngest female member of the *Automatic Vending Association Board*.

She is also the chair of the *Associated Vending Service's Cashless Committee* and is the cashless champion for the group.



Dan Varney of SB Software is pictured with Linda Baker, Ian Baker and Natalie Baker of Westways Vending, celebrating their Vendies win with host Shaun Williamson.

Westways Vending also celebrated on the day as the winner of the Best Medium Operator award and were also highly commended for customer service.

Area Manager Dino Velardo was also highly commended in his category. A family-owned business, the wins were celebrated by the whole team and reflected the company's growth and hard work.

The Vendies Awards recognise and reward companies and individuals that have made exceptional contributions to the UK vending trade.

Presented by Shaun Williamson and Alan Dedicoat, the afternoon gave those in the industry ample networking opportunities, along with the chance to catch up with their peers.

The event attracts attendees from across the UK and is a mark of prestige in the industry.

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BOTT'S
OPTICIANS



From pilau to pasta

AN experienced restaurant owner has taken on an exciting new venture.

By **Peter Lindsey**



Mozmil Hussain owned *The Spice Garden* in Old Town from 1997 until last year.

During that time, the Indian restaurant achieved excellent reviews as well as raising money for a variety of very good charitable causes.

Last month he bought the Italian restaurant *Rossoitaliano Bistro* at 18 Grove Road, and he's loving it.

Customer service

Mozmil said: "I bring my experience from *The Spice Garden* to Grove Road with a very high level of customer service.

"It is a quality Italian restaurant with healthy options. It is very important that people eat healthily and I'm talking about salad, olive oil, garlic and onion. Ingredients that feature in the wonderful dishes we offer.

"I am very excited and look forward to welcoming people to *Rossoitaliano Bistro*.

"You will receive a warm welcome, I can guarantee that, and I am sure you will enjoy our food and drink as well.

"It will be the very best. Come and visit us."

Mozmil is Vice-Chair of the *Eastbourne United Nations Association*.

He is also a Director at *Plastic Free Eastbourne* and Trustee of *3VA Wealden, Eastbourne and Lewes*.

01323 732330
info@rossoitaliano.uk

Make sure you visit the amazing Princes Mini Golf

The 18-hole landscaped mini golf course is now open daily!

Bring your family and friends along to enjoy a day filled with laughter, friendly competition, and sunshine!

And while you're here, don't forget to check out our clubhouse for some delicious refreshments to keep you energized throughout your game.

There are hot and cold snacks as well as drinks.

You can't beat Eastbourne on a sunny day!



PRINCES
MINI GOLF & CLUBHOUSE



Princes Mini Golf, Princes Park Royal Parade, Eastbourne BN22 7LQ
www.minigolfeastbourne.co.uk 01323 360006

Health&Wellbeing



Image by Rupert Kirby. www.rupertkirby.smugmug.com

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SAMARITANS

Eastbourne & District

...it may be the most fulfilling thing that you have ever done.

By **David Smith**

What we do at Samaritans is we listen to people who are going through a difficult time and we do so without judging you or telling you what to do.

Please come and join our family of 90 listening volunteers and 15 support volunteers.

We offer a free training course which will take around two months over evenings and weekends and then as a volunteer you will be supported in our duty room with

a mentor. We all find the role very fulfilling and often we are the only service that is available to simply listen to a caller without judgement or advice.

Becoming a Samaritan gives you new life skills, enables you to make new friends and you can also participate at local events in Eastbourne including the *Arlington Bluebell walk, Eastbourne Carnival* or visits to schools and prisons."

Eastbourne Branch answers over 20,000 calls per year and we are there for people who have no one else to talk to or share what they are going through.

Our service is simple and follows five key principles:

- **Listening** – exploring feelings to alleviate distress.
- **Confidentiality** – if people feel safe, they are more likely to be open about their feelings.
- **Non-judgemental** – whatever your views or your situation, we listen without fear or prejudice.
- **Self-determination** – people have the right to find their own solution. We help our callers work things out. We don't offer advice.
- **Human contact** – We give our time and undivided attention with empathy in order to help reduce distress and despair.

Come along

to an information evening at:
**The Haven, 13 Bolton Road,
Eastbourne BN21 3JT**

MONDAY 1st JULY at 7PM

MONDAY 23rd SEPT at 7PM

MONDAY 4th November at 7PM

Email Fenella Maloney at:

eastbourne.branchrecruitment@samaritans.org

Visit our website:

www.samaritans.org/Eastbourne



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**East Sussex
ageUK**

Summer delights

SUMMER is such a lovely time to go out for a walk, but at times it can get a bit too hot so the best time to walk is in the early morning or evening to take advantage of the long days.

By **Theresa Hancock**

Be sure to wear a hat, have plenty of water and put sunscreen on regularly. Plan your walk so that there are trees en route to shelter under, or a church to stop at for a break – whether to keep out of the sun or to escape from a sudden summer downpour.

Summer is the time to explore the Weald where it should be dry underfoot but it is always worth having a pair of secateurs handy as the paths can get very overgrown at this time of year.

The woods are quieter now as the birds are busy with their nests. Swifts arrive to breed, though not so many these days, and the adults return to Africa to leave the youngsters to somehow make their own way once they are bigger and strong enough for the long flight.

The lambs in the fields are now much bigger and as their mothers have been shorn it is sometimes difficult to decide which are the lambs and which the ewes!

The arable fields turn from green to brown and towards the end of summer the farmers are busy harvesting. Footpaths through barley fields are lovely to walk along as the winds blows, making the crop look like waves. Other fields may be bright red with poppies.

Take a bag or box with you on your walk as the hedgerows start to have blackberries and damsons which are worth picking for jams, pies and crumbles. Also, in the early summer, elderflowers make a lovely “champagne”, then later their deep purple berries can be picked. Do make sure everything is well washed and checked over as there may well be insects in them as no insecticides are used to ensure that they are bug free!

Polegate Ramblers meet every Thursday for a choice of a 5-ish, 10-ish or 2-ish mile walk. Rambles are led by experienced members who have planned and reccied the route in advance. Why not try us out? 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



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Helping with hearing loss in East Sussex

***EAST Sussex Hearing* – a countywide charity based in Upperton Road – has launched *The Hearing Hopper*.**

By **Peter Lindsey**

This new bus will allow the charity to deliver outreach services to some of the 122,000 East Sussex residents with hearing loss.

Mark Dimmock, the charity's 'Mr Network,' said: "This bus will help tackle rural health inequalities, it's for people who struggle to access crucial audiology services.



Mark Dimmock on the Hearing Hopper.

"It is fully accessible, and in reality, this is our way of taking our Centre in Eastbourne out to people who can't come to us."

Those present at the launch included Nick Webborn CBE, Deputy Lieutenant East Sussex, and our dear Dorit Oliver-Wolff, a client of the charity.

Mark wanted to stress this would not have been possible without funding from community donations, including Sussex Freemasons who generously funded *The Hearing Hopper's* purchase and *Rotary* whose fundraising has been invaluable to the charity.

Mary Irving is the Microsuction Technician – put simply, she provides new Ear Health Checks and ear wax removal.

The launch of *The Hearing Hopper* also saw the official opening of the Centre itself – Chantry House in Upperton Road – and the new Clinic Room where Mary works.

Mary said: "Ear Health Checks and ear wax removal are so important. In the past, most people would go their GP to have the wax removed, that service is harder and harder to access at local surgeries nowadays.

"I became involved when I was listening to the radio and a man was crying, he was so upset. He needed help with his ears, but that help wasn't available.

"Our gold standard system microsuction procedure is, in effect, like having a small gentle Hoover in your ear. There's no water involved, and the risk of infection is almost zero. Crucially our service is backed up by same week image-based audiology and ENT consultations if needed.

"Too many people with hearing issues are ignored. That's where we step in, we want to help people.

"Anyone experiencing loss will very often feel isolated and withdrawn."

This is the 21st year of *East Sussex Hearing*, and the office is like a one-stop shop. Social support groups are available for those struggling with their hearing, along with lipreading and sign language classes. The charity also provides hearing assistive equipment.

**East Sussex Hearing
Chantry House (Ground Floor)
22 Upperton Road
Eastbourne BN21 1BF**

**01323 722 505
www.eshrc.org**



Mary Irving with client.



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manager@alfriston-court.com
www.Alfriston-Court.com



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Why talking is so important

THREE charities have come together to raise awareness of men’s mental health.

By **Peter Lindsey**

Parents in Mind – a volunteer led support service for new parents run by the **National Childbirth Trust** – organised the event ahead of **International Men’s Health Week**.

The 7.6 mile walk started from The Kiosk in Helen Garden, King Edward’s Parade, Eastbourne

at 9.30am. Walkers went to *The Sovereign Centre* and back.

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* was 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.”

International Men’s Health Week, which ran 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.

The other two local charities involved were *ManKind* – which runs a weekly session for men of all ages to meet up and talk in an informal and safe setting – and *Eden’s Mission*.

Eden’s Mission is a community based project aiming to promote a healthy active lifestyle – not for profit.

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*T&Cs apply. Please visit averyhealthcare.co.uk/ouroffers for more details



Luxor Wellbeing

WE all know the saying “you are what you eat” but there’s another saying “you are what you think”.

By **Derek Burton**

Irrespective of our gender our subconscious mind has tremendous power over our general wellbeing, and if that voice in your inner self isn’t balanced, then we might not be thinking the best about ourselves, and just like not eating the right things, thinking the wrong things can lead to physical discomfort.

Body, Mind and Spirit

That’s why at *Luxor* we work with you as an individual to achieve a better you, more balanced in Mind, Body and Spirit. By combining physical body therapies with therapies that work on your mind and spirit. Therapies that complement each other — and are, as a result, overall more powerful.



Our Radiesthesia therapies in particular can help you balance the inner you, help you address what it is that you “think” about yourself, help you be more balanced.

The combination approach works just as well if you’ve suffered a physical or psychological trauma we can aid your recovery, support your rehabilitation, and help you achieve enrichment.

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Simply call or email to discuss what we can do for you, your Mind, Body and Spirit.

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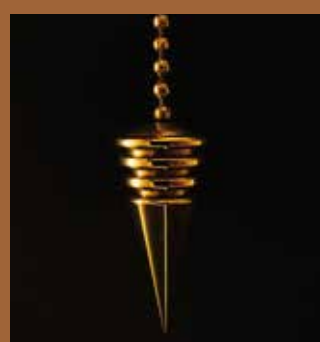
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care UK

The Arts



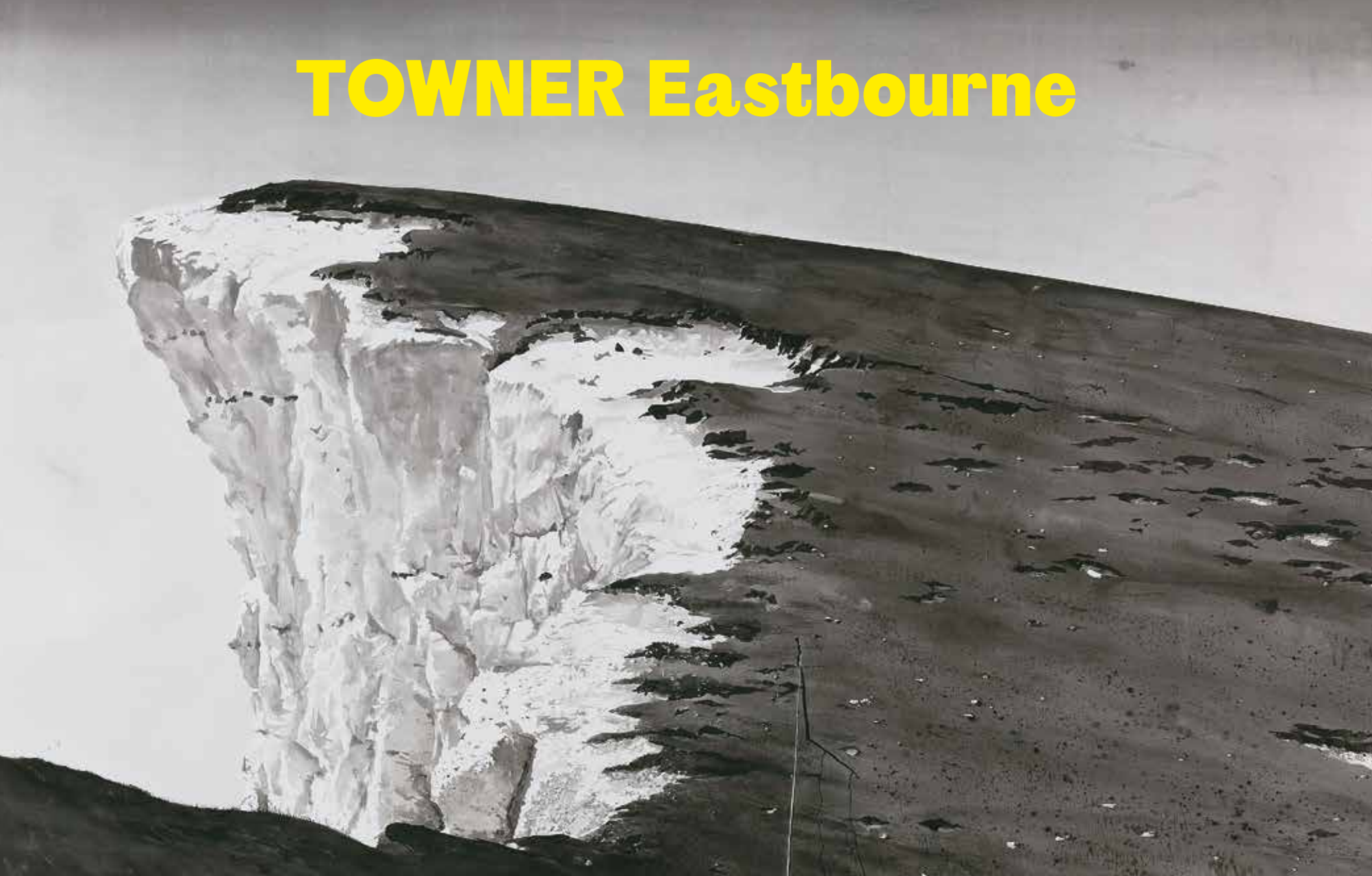
Image by Rupert Kirby. www.rupertkirby.smugmug.com

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Emma Stibbon RA

9 May to 15 September

£4.50 to £9.90, free for Towner Members

Supported by the University of Brighton and the Arts and Humanities Research Council (AHRC),
part of UK Research and Innovation (UKRI).



Finding some great reads

EASTBOURNE has a host of talented published authors but many book readers probably don't even know some of us exist.

By **Tony Flood**

This is because the market is being swamped by almost four million new books every year.

I am fortunate that my books — crime thrillers *Triple Tease*, *Stitch Up* and *Fall Guy*, fantasy adventure *Secret Potion* and *My Life With The Stars*, revealing the secrets of showbiz and sports stars — have been recommended by best-selling authors Peter James and Ellie Dean and many famous stars.

Yet I still find it a mammoth task trying to make them stand out among the millions currently available.

This is a huge problem not only for authors but also readers who miss some real gems.

Fellow *Anderida Writers* official John Silverton, author of true love romance *A Pearl Amongst Oysters*, says: "I experience the frustrations which Tony highlights. We have both been praised for coming up with compelling story lines but the vast majority of readers are not aware of us or our books."

John Newton, who formed *The Collective* of seven local authors to each write a character in family saga *Driven by Desire*, agrees. He comments: "Readers miss out on

so many great reads by unknown authors because it is literally like trying to find a needle in a haystack."

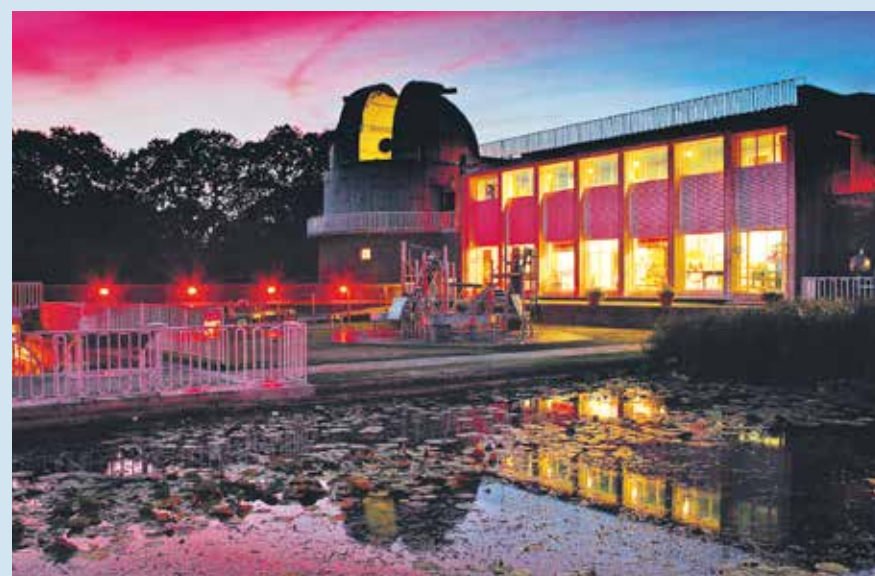
There are exceptions and Jevington's Tamara McKinley has sold millions of copies of her *Cliffhaven* series under the name Ellie Dean. But, like J. K. Rowling, she was rejected by publishers several times before becoming an international best-selling phenomenon.

As a former *Sky Television* executive and Fleet Street journalist, I have used my marketing knowledge to good effect, but still find the situation a nightmare. I would point out that readers should be rewarded if they search for the 'hidden gems' including my own.

In a bid to increase awareness I have launched a promotion in which I've reduced the price of the e-versions of ALL my books to £1.77p each.

These *Kindle* e-versions have FREE previews on Amazon.co.uk (and some other sites). So if people click on 'Read Sample', usually placed underneath the front cover image, they can read the first few chapters before deciding whether this would give them great reading enjoyment for just £1.77. If they prefer paperbacks, I have made those available at low prices as well.

Visit www.amazon.co.uk and search for 'Tony Flood'.



Herstmonceux Astronomy Festival

30TH/31ST AUGUST and 1st September 2024.

By **Natasha Message**

The Observatory Science Centre is a small educational charity set among the domes of the former Royal Greenwich Observatory and astronomy is still very much at its heart.

Having reached the milestone of twenty years, the annual *Astronomy Festival* has become a real talking point in the UK's astronomy calendar. It has grown and developed into a major fund-raising event.

With no external funding to help maintain the telescopes and domes, the *Astronomy Festival* helps towards the cost of both repair and essential preventative maintenance. This is no mean feat when you have to work with several tonnes of telescope and dome mechanisms that require 40 chains, motors, rollers, rams etc. and then there is the rising floor!

You often hear the phrase "it's all in a good cause" well it really is and we hope you agree. Many visitors come back time and again rekindling friendships forged at the festival over the past twenty years.

It has such a wonderful, relaxed and friendly atmosphere in beautiful grounds and there is so much to do.

With formal lectures delivered by eminent scientists and astronomers, trade stands, solar telescopes, talks about the telescopes, planetarium shows, children's workshops, astronomy societies, a beer tent, 100 hands-on interactive exhibits, there is plenty for everyone to enjoy.

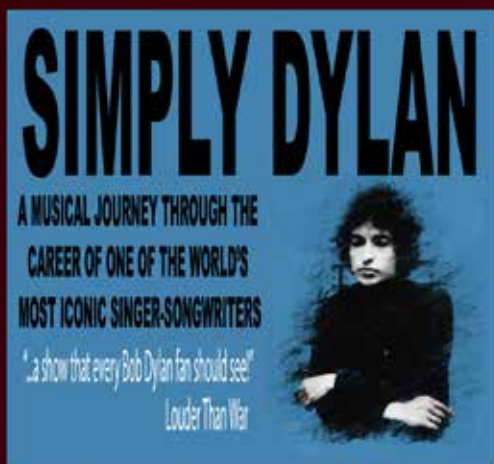
If you like camping, the parking field is turned into a camping field for the weekend allowing the opportunity to camp under the stars against the backdrop of the stunning domes.

Then the icing on the cake is of course the chance to look through the telescopes (weather permitting) at some spectacular night sky objects with knowledgeable telescope operators and amateur astronomers. This is truly an opportunity not to be missed!

www.the-observatory.org/events/astronomy-festival



ROYAL HIPPODROME THEATRE



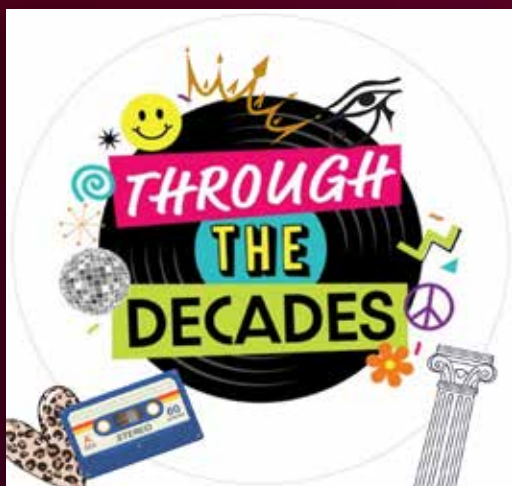
Simply Dylan
Friday 6 July



ELO - Electrik Live Orchestra
Saturday 6 July



Celine: My Heart Will Go On
Friday 12 July



Lake Academy of Dance:
Through The Decades
Saturday 13 July



Twist & Shout
Friday 19 July



Madness Vs The Specials
Special Kind Madness
Saturday 20 July



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

The boys in brown



FIVE years ago, Barrie Crowhurst decided he would like to produce a book about his memories of the Sunday League football team he played for in the mid-sixties and with the help of Leon (Lenny) Coast, Editor, and other former players this became possible.

By **Gail McKay**

It is the story of a group of Bexhill boys brought together by a shared love of playing the 'beautiful' game who became firm friends and started a Sunday league football team based at the *Queens Head* public house in Bexhill-on-Sea.

Brown

The choice of club colours was the subject of an initial 'committee' meeting at the *Queens Head* which involved more beer whilst studying the *Umbro* catalogue whereupon brown shirts, black shorts and black socks with white rings at the ankle were agreed. It is said that these colours (a rarity at the time) reflected the colour of the beer they were drinking!

Several of the team had Eastbourne soccer associations, Barry Salvage, Mick Hayward and Mick Ottley played for *Eastbourne United*, and Barrie Crowhurst played for *Eastbourne Town*.

The conclusion: that after more than 50 years, the camaraderie, wonderful memories and enduring friendships, signify that it meant so much, to have been a member of the 'Boys in Brown', *Queen's Head Football Club*.

Launch

The launch of the book was organised at the end of May this year when about 60 ex-players, wives, children and friends turned up, some meeting for the first time in nearly 60 years.



Nearly 100 books have been sold already. Should anyone be interested in purchasing the 40page hard-backed book (price £15) please contact: barrie@custard-design.co.uk for more details.

ASTRONOMY FESTIVAL

THE OBSERVATORY SCIENCE CENTRE

30 - 31st August to 1st September 2024

Join us for a very special
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A fabulous weekend full of science, astronomy, family activities, guest speakers and so much more!



Summer has kicked off in Little Chelsea!

TO celebrate the beginning of summer, *Little Chelsea* offered locals and visitors a great event in the Grove Road and South Street area children's crafts, live music, an open stage, football, food and drink galore, exotic zoo petting and much, much more.

By **Fleur-Rose McQuillan**

The event begun with the focus on children's activities in the morning, where little ones were given the chance to meet Bluey and Bingo and join Princess Jasmine and Princess Aurora up on stage with *Disney* singalongs.

Potter's wheel

Outside the *Arthouse Café*, children (and adults) were able to throw their own pots on the potters wheel. There was friendship bracelet making at the family craft area outside *Printers Playhouse* and everyone was encouraged to try their goal scoring skills at penalty shoot out.

Engraving

There was a wonderful art competition where budding picasso's

got the chance to win their design on a glass with engravers, *Semantics*.

The fun continued into the evening with live music from *The Normans*, an Amy Winehouse tribute artist and *Printers Playhouse Ukulele Army*, *Singo Bingo*, and *OlioKe Karaoke*.

Refreshments

There was a delicious array of food and refreshments highlighting the stunning offerings from *Little Chelsea* available all year round.

Everyone agreed it was a thoroughly enjoyable event, a great success thanks to visitors, those involved in hosting, organising, marshalling and volunteering.





Heaven 17.



Dutty Moonshine Big Band.

Wick Street Festival 2

IT'S just up the road!

By **Charles Vine**

We are an independent, small and friendly festival set in some beautiful fields in the heart of the Sussex countryside. Just 11 miles from Eastbourne and 1 hour 15 mins from London by train.

Heaven 17, Toploader, Dutty Moonshine Big Band, Jazzie B and Don Letts (dj sets), Cuban Brothers, Beans on Toast, John Otway, The Scribes, DJ Format, ELO Encounter and also The Veltmans, Stan-H & Friends and Stagg & Collins and Fakeboy Slim who all come from Eastbourne.

Plus 36 other acts, laughing yoga, beard grooming, dog grooming, skittle alley and many other diversions.

“
The best small festival lineup in the UK

(Leon Rhymes, Too Many T's)

Why come?

- Free parking and camping.
- Family and dog-friendly. All children under 12 get in free.
- Food and drink – almost all local – at pub prices.
- A proper festival from Thurs eve (no music, food), Aug 29th to late afternoon, Sun, Sep 1st.
- 3 stages of music.
- Bloody Mary's and bacon sandwiches brought to your tent.
- Silent disco and 3 bars, as late as you want them to go on.
- The most reasonably priced glamping in the UK.
- Plenty of nice toilets and 12 showers.

Tickets for the entire weekend are £118 per person on www.Skiddle.com

As a Bournefree reader, 10% off.
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Toploader.



Jazzie B.



The Cuban Brothers.

WICK STREET FESTIVAL

30 AUGUST / 1 SEPTEMBER 2024

Nr Berwick, East Sussex

3 days of festival entertainment, all under cover!

OVER 50 LIVE ACTS & DJs INCLUDING

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Dutty Moonshine Big Band

And more...

3 under cover stages • amazing local food

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Full Adult weekend tickets from £118

payment plans available

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Email Charles@nakedvine.org for details

TO FIND OUT MORE GO TO

www.wickstfestivals.co.uk



The Pat Butchers – Friday 5th July at The Crown & Anchor.

What's on

A SELECTION of the best of Eastbourne this month.

By **Gail McKay**

Markets

Community Wise Village Market
Ocklynge Road
Eastbourne BN21 1PY
Saturday 27th July, 10:00am–12:30pm.

Farmers and Street Market
Terminus Road (Between Barclays and Halifax).
Every Wednesday and Sunday.
9:30am–4:00pm.

East Dean Village Market
Every Wednesday.
10:00am–1:00pm outside.
10:30am–1:00pm inside.

Summer Artisan Market
Eastbourne Waterfront
Saturday 13th and Sunday 14th July
10:00am–3:00pm.

Boot Fair

Eastbourne Borough FC
Langney Sports Club, Priory Lane,
Eastbourne, East Sussex BN23 7QH
01323 766265
events@ebfc.co.uk
Weds 9th & 23th July
Cars & vans only – £5
Sellers 5pm, Buyers 6pm.
The Sports Bar & Spooner's open
for refreshments.
No Trucks or Lorries.

Quizzes

Lamb Inn
36 High Street, Old Town,
Eastbourne BN21 1HH
01323 720545
18th July – 8:00pm.
Max six people per team.
£2 per person. Special Quiz menu.

The Fishermen's Club
Royal Parade, Eastbourne
Friday 12th July.

www.friendsdgh.org.uk/events/quiz-night

Entry is £5 per person, Max 7 per team
19:00 proceeds to FODGH.

Weekly Charity Pub Quiz

The Crown & Anchor
15-16 Marine Parade BN21 3DX
Thurs 4th July, 8pm.

Live Music

Crown & Anchor
15-16 Marine Parade BN21 3DX
Friday 5th July – The Pat Butchers and Iron Tyger downstairs.
Saturday 6th July – Love Action.
Friday 12th July – Watson Brothers.
Saturday 13th July – Guilty Pleasures.
Friday 19th July – School Disco Band.
Saturday 20th July – Norman's.
Friday 26th July – Kangaroo Juice.
Saturday 27th July – Glam Rox.
Wednesday 3rd July – Folk Club.
Wednesday 17th July – Folk Club.
Friday 19th July – Dr Funkenstein.
Friday 26th July – Owen Donovan.

Prince Albert

9 High St, Eastbourne BN21 1HG
All 9pm start
Friday 5th July – Smash the Buffet.
Friday 12th July – Righteous Thieves.
Saturday 13th July – Whiskey Business.
Friday 19th July – Rewind 45.
Saturday 20th July – Megadrives.
Friday 26th July – The Stanmer Band.
Saturday 27th July – Kilda Street.

Beach Life Festival

The Bandstand
Saturday 13th July – 11am–5pm
Stan H & Friends, Ben Maier, Calzy,
No Flowers, Hector & Gavan.
Sunday 14th July
The Veltmans, Woon, The Human
Output, Poppy Rockett, The
Equatorial Group.

Bad Habit Studios

5, 64 Belmore Road, Eastbourne
BN22 8BP

TFI FR*DAY presents

Friday 5th July – The Belmore & Onion Bong.
Friday 19th July – Kuld & Chugzilla.
Friday 26th July – Polaroidz & Fisheye.
16+ All tickets from wegottickets.com

Paul Gregory – Guitar Recital
St Michael & All Angels Church
Berwick, Polegate, East Sussex
BN26 6SR

Sunday 21st July, 3:00–4:00pm
<https://musicboxwealden.co.uk/concert/c018-paul-gregory-guitar-recital>

General

Silent Disco

The View Hotel
Saturday 20th July, 7pm
£15 plus booking fee
Includes set of silent disco headphones,
and a complimentary glass of prosecco.
Adults only event.
www.eventbrite.com/e/silent-disco-01323-433903 or email
events@theviewhoteleastbourne.com

'Escape room in a box'

Lamb Inn
36 High Street, Old Town,
Eastbourne BN21 1HH
Tuesday 16th July.
£12 for team of up to six people to
take on a box.
01323 720545 or speak to us at
the bar.
Booking highly recommended.

Feedbourners Fundraiser

The Box
Grove Theatre
Tuesday 16th July 7pm–10pm
Belmore, The Human Output & En Heat.
15+ £4 adv.
Tickets from wegottickets.com
£6 OTD

Nicki and Friends Variety Show

SATURDAY 3rd August, 7pm, Hailsham Pavilion.

By **Peter Lindsey**

On Saturday 3rd August, local entertainer Nicki Watts and some of her most talented friends will be presenting a dazzling variety show at Hailsham Pavilion.

The show is from 7pm to around 10pm.

Raising money for the NSPCC, Nicki and Friends will be well and truly putting the "fun" into fundraising.

During the night you will be treated to some fantastic singing covering a wide range of genres, a world class Elton John tribute and some dance routines.

There will also be a spoken word element, plenty of comedic content including much loved comedy character "the builder" and a good old London singalong to enjoy.

If that wasn't enough, you will be treated to three of Nicki's never before seen mini plays, which are short, sweet and hilarious!

This fast-paced night is guaranteed to keep you entertained throughout.

This truly varied variety show will have something for everyone to enjoy.

It really is a night not to be missed!

Tickets

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“

So much of the industry is timing and I'm grateful for the luck I've had.



From a little-known artist to an international superstar

SHE is the multifaceted singer, model and presenter who, at every turn, lights up the entertainment industry with seemingly effortless style. She is Rita Ora.

By **Fleur-Rose McQuillan**

Rita Ora's journey from a little-known artist to an international superstar is a tale of talent, hard work and versatility.

Born in Pristina, Kosovo (then Yugoslavia), in 1990, her family moved to London when she was just a child, seeking a better life and greater opportunity. While her parents found their inspiration in the UK, so too did Rita, as the capital sparked a passion for music and performance.

Household name

Bursting onto the music scene in 2012 at the age of 22, she quickly became a household name with her debut album, *Ora*, topping the UK charts. Her catchy tunes and dynamic presence endeared her to fans worldwide, establishing her as a force in the music industry. Indeed, three of the singer's first five singles were

chart-toppers (*How We Do (Party)*, *RIP* and *I Will Never Let You Down*), and all three of her albums have either gone platinum or made the top 10.

"I think a lot of my career has been about being in the right place at the right time," she begins. "So much of the industry is timing and I'm grateful for the luck I've had.

"I still realise it could have been so different because there are so many incredible artists out there who don't get the breaks they deserve."

Fifty Shades of Grey

Apart from her musical achievements, the now-35-year-old has also made significant strides in acting, appearing in several films, including the popular *Fifty Shades of Grey* series, playing Mia Grey, the adopted younger sister of Jamie Dornan's Christian.

Multi-layered talent

Her ability to juggle singing and acting with ease demonstrates a multi-layered talent and dedication to her craft. However, would she have achieved the same success and fame had she not grown up in the UK?

"It's fascinating to observe how people view someone like me," she says. "Being, in essence, a refugee who moved to the UK – I've seen my dreams become reality.

"Without the chance to relocate to London and my parents' courageous decision, I wouldn't have the opportunity to engage with my idols, much less create music."

The *BRITs* and *MOBO* award winner continues: "I stand by the fact that if you invest yourself into a project and a life and a dream, you give yourself a chance.

"It is only a chance, and along the way you need good people around you, but if I can inspire others to go after what they want with energy and optimism, that's a wonderful gift as well."

Ora's influence extends beyond entertainment and the London-based icon proudly serves as an ambassador

for Kosovo, using her platform to promote her homeland and contribute to its cultural and social development. A role close to her heart, it ties back to her roots and that endless desire to give back to the community.

Creative worlds

In her personal life, she married the New Zealand writer, filmmaker and actor Taika Waititi in 2022 and the couple's creative worlds often collide in exciting and innovative ways – as shown in a series of revealing Louis Theroux Interviews conducted the same year.

In 2024, she took on the role as a judge on the US version of *The Masked Singer*, having previously done the same on the UK series. The transition across the Atlantic is a familiar one, yet she remains British at heart.

She beams: "America is such a huge place and there's an unbelievable amount of talent running through the country, but the UK will always be my spiritual home.

"It took me and my family in, gave us hope and inspiration, and if there is one place I want to pay that back, it is here."

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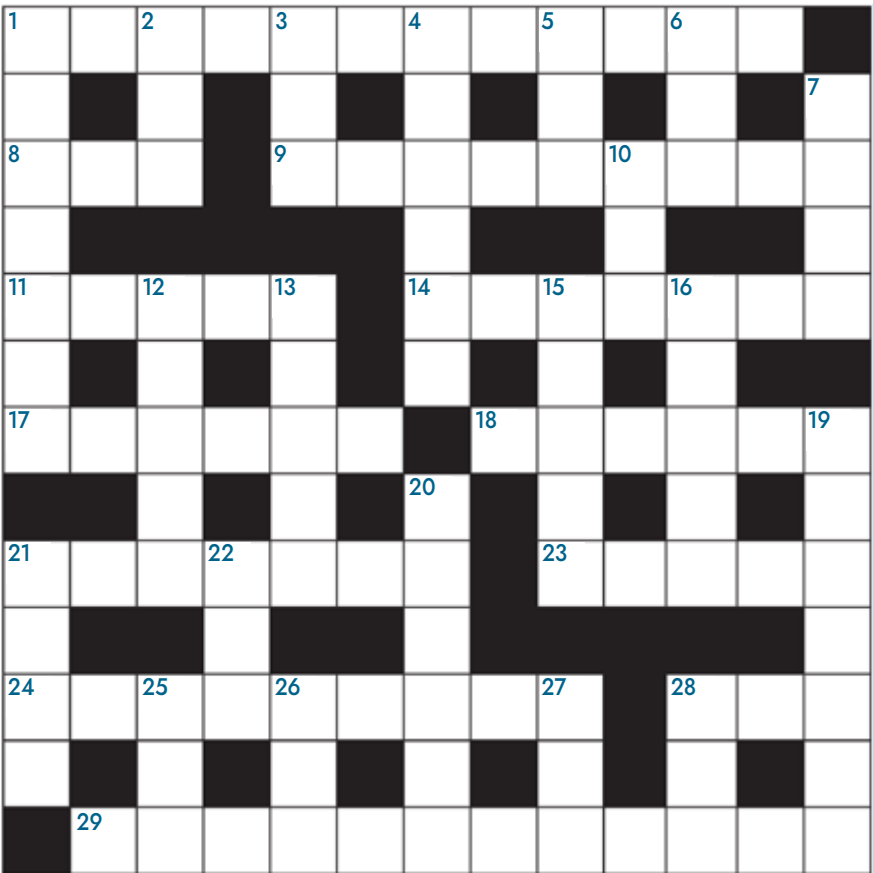
It's just a bit of fun!

ALL the words are hidden vertically, horizontally or diagonally – in both directions. The letters that remain unused form a sentence from left to right.

By **Word Search** and **Cross Word**

T T E K S A B H E I S D E F A
S N A C K S L S T W H T E R A
S S O A S B N T A I E A O E G
T O F M E S U O E N E E T N C
R R O E C N E T H E T M O C A
A E L M I L K S T S A P M H N
W P D B P I B A S E I C A B O
B P I E S M E E P A R D T R P
E E N R C S A T V P L N O E E
R P G T E O A R E E E G E A N
R I C E C I U N G K R T S D E
Y S H S S U M N D A N A I M R
J C A E R A D C T W R A G T W
A H I E N A U T O R I I L E E
M H R E L R E C I O Y C N B S
S L S A U S A G E O L A H E T
I N S E C T S S O S F E I E S
K R A P C O F F E E U N R R S

- APPETITE
BASKET
BEVERAGES
BLANKET
BUTTER
CAMEMBERT
CAN OPENER
CHEESE
COFFEE
COOLER
COUNTRY AIR
- DISH
FOLDING CHAIRS
FRENCH BREAD
GLASSES
HEAT
INSECTS
MARGARINE
MEAT
MILK
PARK
PEPPER
- SALAD
SANDWICHES
SAUCES
SAUSAGE
SHEET
SNACKS
SPICES
STRAWBERRY JAM
TOMATOES
WINE



ACROSS

1. Dracula's home. 12
8. Lad. 3
9. Quasimodo's place. 9
11. Clan's emblem. 5
14. Independence. 7
17. Reddish Brown. 6
18. Manservant. 6
21. Classic Marilyn Monroe film. 7
23. Authority. 5
24. Sofa. 9
28. Baby bear. 3
29. What 1, 9, 17, 18 ,21 and 24 Across all are. 12
3. Gluttony, for one. 3
4. In recent days. 6
5. /s plural. 3
6. Garden of foodie fame. 3
7. To the extreme. 4
10. Colour. 3
12. Fibula neighbour. 5
13. Loy of old Hollywood. 5
15. Rhythm sidekick? 5
16. Team race. 5
19. A type of parallelogram. 7
20. Love, en français. 6
21. Unclad. 4
22. "Golly!" 3
25. Boxlike vehicle. 3
26. The Silver State, for short. 3
27. ___ chi. 3
28. CBS hit drama. 3

DOWN

1. TV witch. 7
2. ___ way you slice it. 3

ACROSS: 1. TRANSYLVANIA, 8. BOY, 9. NOTREDAME, 11. TOTEM, 14. LIBERTY, 17. AUBURN, 18. BUTLER, 21. NIAGARA, 23. SAYSO, 24. DAVENPORT, 28. CUB
DOWN: 1. TABITHA, 2. ANY, 3. SIN, 4. LATELY, 5. ARE, 6. INA, 7. VERY, 10. DYE, 12. TIBIA, 13. MYRNA, 15. BLUES, 16. RELAY, 19. RHOMBUS, 20. JADORE, 21. NUDE, 22. GEE, 25. VAN, 26. NEV, 27. TAI, 28. CSI

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Green and pleasant

JULY is often one of the hottest months of the year and a great time to sit out and enjoy the fruits of your labour. Remember to keep your plants looking good by regularly dead-heading, by doing this you'll enjoy a much longer display of blooms. Keep new plants well-watered, using grey water where possible, and hoe off weeds, which will thrive in the sunshine. The month brings long, warm days that will continue late into the evening, creating the perfect time for pottering around in the garden after work, maybe hosting barbecues, and enjoying your beds and borders as they reach their peak.

By **Geoff Stonebanks**

Water plants deeply, allowing the water to penetrate the root area as this promotes stronger and deeper root growth, making plants more resilient to heat stress. Try and water in the early morning or late evening to minimise evaporation. It is also best to avoid frequent shallow watering, as this will encourage shallow root growth and make your plants more vulnerable to the heat.

Roses

Although I am not a great lover of roses, I do have a few in my garden that look pretty good including Macmillan Nurse, King

Charles Coronation rose, Tess of the D'Urbervilles and Susie.

Roses are a classic and instantly recognisable plant, ideal for almost every style of garden. They flower abundantly from early summer in a choice of colours including pastel shades of pink, peach, cream or snowy-white; vibrant yellow and gold; orange, crimson or red. Many roses are fragrant. Some types flower in one flush of blooms while others flower all summer long. Some have colourful fruits (hips) too. They come in a range of forms, from traditional shrubs and climbers to miniature plants for patio containers. Care is easier than you might think, anyone can grow them successfully. Plant your roses in a sunny location with good drainage. Fertilize them regularly for impressive flowers,

water them evenly to keep the soil moist and prune established rose bushes in early spring. Watch for diseases like powdery mildew or black spot.

National Garden Scheme

This month, there are three garden trails open for the scheme in and around Eastbourne. First up there is the newly formed Langney and Willingdon trail, open on Sunday 14th from 1pm to 5pm. One new garden in Willingdon joins two other gardens that have opened before. The gardens at 36 Jellicoe Close and 16 Hardy Drive are both developed on land reclaimed from the sea and 6 Pashley Road, the tea venue, is a large urban garden backing onto the South Downs.

Over in Ditching there is a brand-new trail of six gardens opening on the 6th July from 11am to 5pm. *The Horticultural Society* was established in 1822 and is one of the oldest in the country. The love and passion for gardening is evident in the gardens opening. Discover different planting and design styles, from formal to country gardens plus the smaller gardens, packed with colour and plants. Each garden has its own feel, united by a love of bees, birds, butterflies and wildlife.

Six gardens make up the Bexhill on Sea trail on Sunday 7th July, from midday to 5pm. This delightful trail, includes two brand new plots for 2024, 2 Ravens Close and 13 Thornbank Crescent. Across the trail see beautiful gardens, some laid to lawn with beds and a large variety of perennial and annual plants. Don't miss the Gaudi inspired steps set in a mature cottage garden surrounded by trees and shrubs.

Please check the scheme's website for full garden details at: www.ngs.org.uk

Mangave

In the header you can see a collection of spikey plants in containers arranged on the patio. These are Mangave, a fairly new addition to my collection. They are a relatively new phenomenon, which is a cross between the genus Manfreda and Agave. These rare hybrids combine the best of both worlds: the better growth rate and the interesting patterns of Manfreda, and the habit and refinement of Agave. With their awesome colours and bold silhouettes, they really strike a pose! These unusual succulents form fleshy rosettes of evergreen spiky leaves edged with soft spines. Displayed as a collection they make a stylish design statement as you can see. Their strong symmetry and glowing colours form dramatic living sculptures which instantly capture attention. They are fast-growing, drought tolerant, low maintenance and hardier than Agave, plus they come in a fabulous array of colours and forms. In very mild coastal and city gardens, these tender succulents can be grown outside all year but are probably safer kept under cover. A recent one I acquired, called Praying Hands, won third prize in Plant of the Year at Chelsea this year.

Read more of Geoff's garden at: www.driftwoodbysea.co.uk or email: visitdriftwood@gmail.com or call: **01323 899296** to arrange a garden visit.

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.

PROTECTING YOUR FAMILY'S INHERITANCE

Most people hope that their estate will pass on to their loved ones eventually. But this will not happen for many unless careful arrangements have been made to protect their assets from being taken towards the end of their life to pay for care home fees.

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The surviving partner, under the terms of the Trust, has the unequivocal right to remain living in the property for the rest of their life.

On the death of the second partner the Trust comes to an end and the property passes to the beneficiaries. As the surviving partner does not own the deceased's share of the property it is fully protected for the beneficiaries, so if the

surviving partner requires care, or even remarries, this share of the children's inheritance is protected.

This last point can be of particular interest to couples who have come together but have children from different partners. A

PPT can help each person in a relationship ensure that their children inherit their share of the property, while giving their surviving partner the ability to live in the property for the rest of their life.

If the surviving partner wants to move to another property they can still sell the property and the proceeds be used to purchase a new property; the terms of the trust remain over the new property.



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