

FREE

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**AIRSHOW SPECIAL**  
FEATURE.



08/24

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August 2024

Pages 25-38

# Bournefree



Bournefree celebrates its 50th issue



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

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# 50 editions and counting

**WE are happy to announce that this is the 50th edition of *Bournefree*.**

By **Peter Lindsey**

**It's a magical milestone – and one we feared we may never reach after launching just before Covid broke.**

But it's been a magical journey and the great news is that the magazine continues to develop and our audience increases each month.

The team is genuinely thrilled and very proud to achieve what we have, and we look forward to the 100th issue and beyond.

Our online Reach continues to grow at a huge rate. For the past 28 days, our Facebook page alone had 2 million impressions with a Reach of 361,100.

So, if you love reading the magazine, make sure you follow us online too, both through our website and social media.

There were two stories that were particularly popular this month – each reaching more than 20,000 people.

There was the man going around local cafés and businesses trying to con people – our post after he had been to the *Rosy Lee café* and tried to trick them had great impact. A man has now been arrested.

And then there was the man who contacted us asking for help after he was injured in a road 'incident' on Lottbridge Drive. After our appeal, the driver was traced.

We do now have readers asking us to help – and we will do when we can.

### Out and about

It's great getting out and meeting people.

I paid a visit to the new *Community Café* at Old Town Rec, and it really is impressive. Craig and his family

already operate the tennis courts, and now they are leasing the disused changing rooms as a new café. Pay a visit – it's well worth it.

### Amazing

Angela Cain is an amazing lady who I popped in to meet this week. She has worked at *The British Queen* in Willingdon for 20 years – 16 as manager.

She has created a real community feel, and it's great that on the second Thursday of each month she organizes a charity coffee morning.

This does make a difference to some of our smaller charities – well done Angela and team.

And then there's Ken Pollock from Pevensey Bay. We had a great chat at *Four Seasons* in *Sovereign Harbour* talking about his role as England football manager for the over 75s.

Ken still plays – and he's 76 – amazing.

### Airshow

Let's hope it's a busy August for tourism – it will be I'm sure if the sun is shining.

We all need to make the most of the *Airshow* – it's great for our economy – and from *Bournefree* we wish you all a very happy August.

## 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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with lots of shopping nearby, at the *Sovereign Harbour* and beyond.

“The beach is only a 10-minute walk away. There is a small golf course and a sailing club nearby. The maintenance team and Lisa have been so kind helping me settle into my new home. I have already made lots of new friends and I’m very happy living here.”

Lez Beale, who is in the process of buying a property at *Castle View Court*, said: “We loved the park the first time we saw it. We had lots of help from Lisa, Joe and David, and nothing was too much trouble. We spent lots of time choosing the home and the pitch and David was always at the end of the telephone to answer our questions.”

#### So special

Christine Hurcombe, who is moving back to the area with her partner Roger, said: “We just want to say a very big thank you to Lisa, Joe and David for all they help they gave us when we were reserving our new home at *Castle View Park*.”

“From when we first visited in April and fell in love with the park, Lisa especially has been amazing. Our move back to Sussex is going to be so special.”

The new properties at *Castle View Court* feature a modern, fully-fitted kitchen with top range integrated appliances, as well as 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 and the development is offering up to 100% for part exchange.

The park is also close to the *Pevensy Levels*, which are a natural haven for wild birds, flowers, and animals, and local amenities include a GP surgery, a dentist and a supermarket all within 1.5 miles.

For further information about *Castle View Court*, and details of upcoming Open Days, please visit [www.castleviewcourt.co.uk](http://www.castleviewcourt.co.uk) or contact Joe Brunton on **01323 886754**.

# A haven of tranquillity and luxury living

**BUYERS** are rushing to snap up the luxury new homes at *Castle View Court* residential park and share in the famous Eastbourne quality of life.

By **Michael Crawford**

**Delighted new residents are sampling the myriad attractions Eastbourne has to offer after making the lifestyle choice to move into one of the town’s fastest-selling developments at *Castle View Court*, on the sun-soaked Sussex coast.**

#### Desirable location

Luxury residential park living is bringing more and more enthusiastic new citizens to the historic town, one of the most desirable locations in the UK, to share in the remarkable quality of life and the natural beauty of the South Downs.

The keenly sought-after site is close to the seaside town of *Pevensy Bay*, to the north and east of the town – renowned for its shingle beach and as the place where William the Conqueror landed in 1066 before the Battle of Hastings.

Joe Brunton, Sales Executive at the *Castle View* development, said: “We have been staggered by the number of enquiries we have had about *Castle View Court* and by the number of people who have put their own homes in the rest of the UK on the market and moved in.

#### Relaxing and pleasant

“They have clearly been attracted by the fact that the pace of life is less frantic here and that it is a relaxing and pleasant place to live. And perhaps also by the fact that the development, which is exclusively for people aged over 45, will provide a secluded location, with a stress-free

environment, surrounded by friendly, like-minded people.

“Eastbourne is at its best in the summer months and we are fully expecting that the people who attended our Open Days earlier this month and the many others who have visited will take up the option to join their new neighbours and friends in the coming months.”

#### New friends

Linda Sprigge, who moved down to *Castle View Court* last September, said: “My move was very smooth and I was made very welcome from the start. The location is perfect,





# Lightning Fibre opens in The Enterprise Centre



Lightning Fibre's sales team with Enterprise Centre Commercial Director Denise Harwood. Photo by Alex at Bamb Creative.

**LIGHTNING Fibre has opened its first retail shop in Eastbourne at the Enterprise Centre.**

By **Peter Lindsey**

**The company was founded in Eastbourne in 2018 and based in Polegate since 2021.**

Matt Goacher, Head of Sales, said: "We know that some people prefer a face to face conversation, especially

when they have questions or reservations about switching to a new technology that they do not understand.

"We hope the retail unit will provide a space for people to find out more about fibre full broadband and

encourage more people to switch to this faster, more reliable and greener communication technology."

The shop – located on the first floor – is open Monday to Friday from 9am until 5pm, but closes on weekends, bank and public holidays.

The sales and tech support teams are available by phone every day (except Christmas Day) from 8am to 8pm.

Lightning Fibre offers symmetric residential full fibre with speeds from 150Mbps up to over 2,000Mbps,

guaranteed at the modem. Business packages go up to speeds of 10,000Mbps.

Lightning Fibre offers a £15 per month social tariff for people on means-tested benefits, with a 30 day rolling contract and no credit checks enforced on customers.

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# Matt and friends Ultra Challenge

**MATT Vince is one amazing man... well so too are 12 of his friends as well.**

By **Peter Lindsey**

**Last year, Matt raised a staggering £25,000 for Chailey Heritage Foundation by running the Brighton Marathon in memory of daughter Luna-Rose.**

She passed away in her sleep aged three in October 2022 aged just three, having been born with a rare genetic condition.

Now Matt and his 12 mates are taking on a new challenge – and with a twist!

They will be completing the *Three Peaks Challenge* – climbing Ben Nevis, Scafell Pike and Snowdon – the three highest peaks of Scotland, England and Wales.

## Huge challenge

But they've sent themselves an extra challenge...

While most drive between the three, the gang of 13 will be cycling – and that's a total of 450 miles.

Matt trains at *FFH Gym* in Station Road, Hailsham, and this year the gym owner Olly Stables is among the 13.

It's a huge challenge – and Matt can't think of a better way to support the charity which gave Luna-Rose and his family so much support.

## Amazing charity

Matt, 33, said: "*Chailey Heritage Foundation* is the most amazing charity, and it means so much to me and my family.

"The help they gave to me, my wife Sam and most importantly, to Luna-Rose was incredible.

"Running the *Brighton Marathon* last April was an incredible experience, and it meant so much to Sam and myself to raise so much.

"We both knew then we needed to do something else to help the charity – hence the *Three Peaks Challenge*, starting August 20th. It really was a case of what could we do next...

## Overwhelming support

"I've been overwhelmed by the support I've received from old school friends.

"Suddenly, we had 13 people willing to take part. They know how much *Chailey Heritage Foundation* means to me and Sam."

They will get up at 4am for each of the three days. Each mountain will take around four hours to climb, followed by 125-miles cycle rides each day.

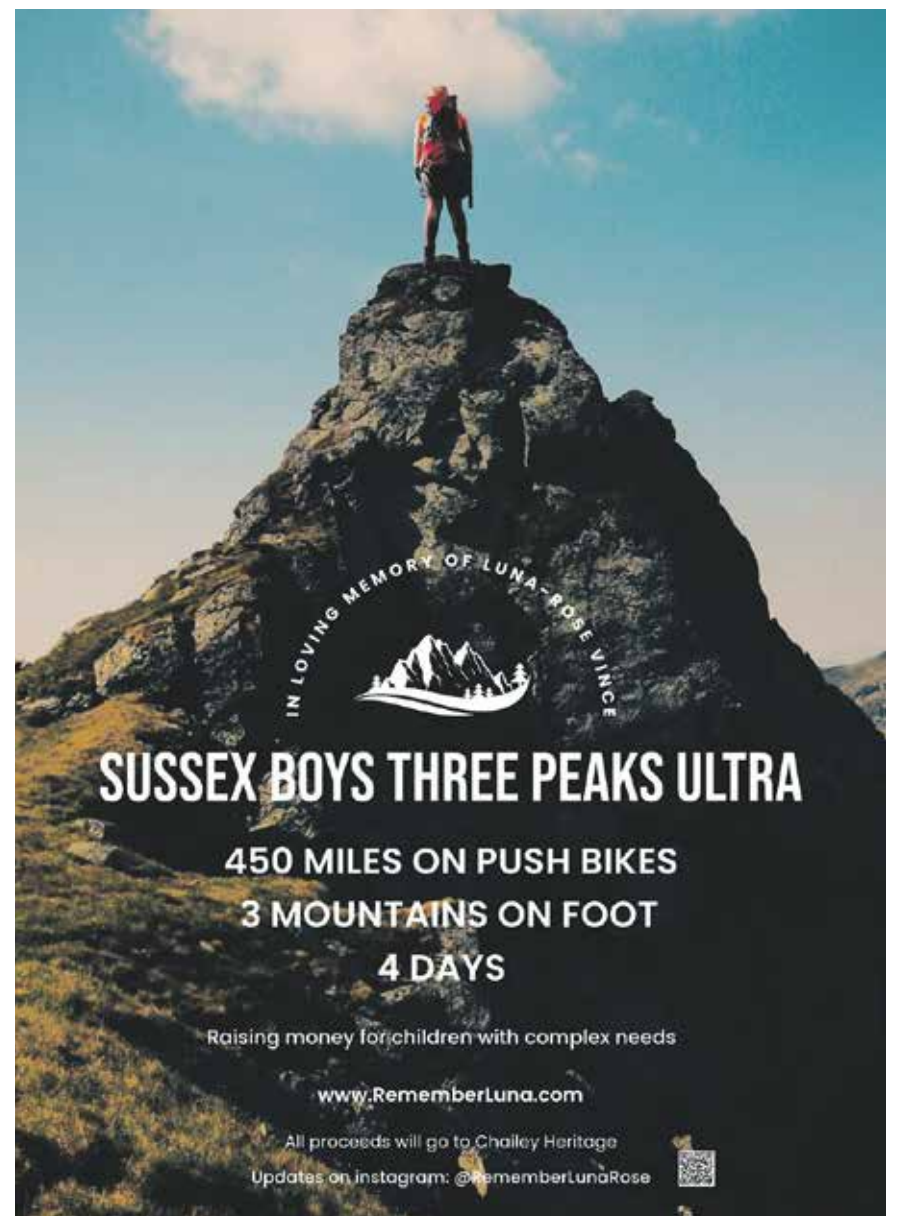
## Tough training

Matt said: "We've all been working hard but I definitely underestimated the toughness of the challenge. I can't wait, it will be very emotional and, of course, we will all do it.

"I've never climbed a mountain but I know the views will be completely stunning. I'm really looking forward to it, we all are.

"The marathon experience was just crazy – I was both exhausted and emotional – and I know that I've got to keep a level head.

"It's been tough training for us – we all have been family lives – but I know it will be worth it at the end.



Matt with seven of his friends preparing for the challenge.

Family and friends are coming to join us for the very last part of the challenge. It will be amazing.

"I'm very grateful to the lads."

The fundraising target is £10k and already more than £5,000 has been kindly donated.

Please go to [www.justgiving.com/page/lunathreepeaks](http://www.justgiving.com/page/lunathreepeaks)

Will Folkes, Director of Specialist Services and Income at *Chailey Heritage Foundation*, said: "We can

only watch and admire the brilliant support Matt and Sam have given us.

"We were privileged to support Sam young Luna-Rose through our *Aquamovers* – a group providing expert therapy and socialising for severely disabled children. They were both regular attendees and Sam told me how important it was to come and talk to other parents experiencing similar situations.

"We are truly grateful to Matt and his 12 friends for undertaking this very tough challenge. Please support them if you can."

# Chalk Farm LDC celebrate 30th



**2024 is a special year for us as we are super proud to be celebrating 30 years of the charity!**

By **Jane King**

**We are located at Chalk Farm Hotel in Willingdon, the Charity has been running since 1994 and has become a much needed support system for adults with learning disabilities and/or autism. The hotel is a fully functioning hotel with eight bedrooms and is very popular with weddings and special celebrations.**

### Valuable skills

Adults with learning disabilities receive training within a realistic working hotel setting, where students gain experience in all aspects of hospitality and/or horticulture. The students learn a range of skills in order to prepare them to gain a career in the industry in a safe and friendly environment.

### Garden party

We will be celebrating on Sunday 4th August with a garden party at the hotel. Everyone is welcome so please do join us from 12pm for music and refreshments in the garden.

30 years successfully running the charity and helping support the adults with learning difficulties is something pretty amazing and we hope to be able to continue this for many more years to come!

If you feel you could offer donations or raffle prizes we would love to hear from you.

Chalk Farm LDC (Learning Disabilities Centre) is run by the local charity E.A.P.A.G. (Eastbourne Area Parents Action Group).

If you would like to enrol a new student to our training programme or you would like more information then please contact:

[learning@chalkfarmldc.co.uk](mailto:learning@chalkfarmldc.co.uk)  
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# Nectar Beds, a mattress revolution

**THERE is an Irish proverb “A good laugh and a long sleep are the best cures in the doctor’s book.”**

By **Gail McKay**

**We’d all agree that sleep and health are closely connected. Hence Berney Emmett’s passion for everyone to have the best mattress and therefore the best sleep possible.**

“People really should try out a bed before buying it,” Berney remarked. This led to the opening of his new showroom on Marshall Road.

Berney had recently met a *Nectar* distributor at a trade show who sold almost exclusively online. He saw that there was room for the company to reach more customers with some carefully chosen show rooms, and the showroom in Eastbourne was born!

### Grand opening

The grand opening in July was graced by Eastbourne’s Mayor, Candy Vaughan, who enthusiastically tested several mattresses. I gave some of the beds a try too, the comfort was almost indescribable. I shall certainly be back.



Mayor Candy Vaughan with Berney Emmett.

The innovative use of copper ensures that memory foam stays cool, providing the perfect hybrid mattress. You get the bounce and support from the springs providing spinal alignment, and the cushioning effect of foam, which relieves pressure points and provides contouring comfort.

### Forever warranty

All their mattresses are made in the UK and are carbon neutral. Confident in the quality of their product, *Nectar* offers a 365-night sleep trial. If you’re not satisfied, they’ll donate the mattress to the *British*

*Heart Foundation*. There is a foverer warranty too.

With prices starting at just £249, everyone can afford to get a great night’s sleep.

Book your appointment today on **07551 618001** or email [nectarseep@b5global.com](mailto:nectarseep@b5global.com)

Visit the showroom at **7 Marshall Roundabout, Lottbridge Drive, Eastbourne BN23 6QU** (inside *Fludes*), and experience the ultimate in sleep comfort.

# East Sussex Schools launch summer initiative

**‘SEEDS for Change’ has been launched in Eastbourne with *Morrisons Eastbourne* once again at the forefront.**

By **Gail McKay**

**It is a summer initiative aimed at fostering environmental awareness and sustainability among young students in East Sussex.**

The ‘*Seeds for Change*’ initiative was officially launched at *Heron Park Primary Academy* in Eastbourne.

This partnership project is designed not just to teach students about horticulture but also to instill a deep understanding of the importance of protecting our environment.

“It is not just about growing plants. It’s about understanding the importance of our environment and how we can help protect it,” said Ceri Turner, Social Impact Manager at *Balfour Beatty Living Places*, one of the partners.

“By growing these flowers, they will be creating habitats for butterflies and bees, which are essential for pollinating our crops and flowers. Pollinators like these are vital to our food supply.”

Throughout the summer, students will participate in hands-on gardening activities, learning how to plant and care for a variety of flowers.

The project aims to create vibrant green spaces that attract pollinators such as butterflies and bees, which play a crucial role in maintaining the ecosystem and supporting agriculture.

In addition to the educational benefits, ‘*Seeds for Change*’ will help beautify the school grounds, providing a

welcoming environment for students, staff, and visitors. The initiative also serves as a model for other communities looking to implement similar programs.

For more information about the ‘*Seeds for Change*’ initiative or to get involved, please contact: [kim.hatcher-davies@morrisonsplc.co.uk](mailto:kim.hatcher-davies@morrisonsplc.co.uk)



# First Serve is a winner!

**IT'S been four years in the making – and *First Serve Community Café* has finally opened at *Old Town Rec*.**

By **Peter Lindsey**

**Community tennis coach Craig Wells formed *set2win* in May 2020 when he took over the running of *Old Town Rec* tennis courts in Longland Road.**



His dream then was to turn the disused football changing rooms into a café – and that has now been realised.

### Over the moon

Craig said: “We are over the moon to open the café at last, and the initial response from customers has been very promising indeed.

“We are open 8am to 5pm seven days a week, serving hot and cold drinks and food such as paninis and homemade cakes.

“It’s a takeaway and walk-in café with outdoor seating. In time, we hope to

have indoor seating as well and cover outside for wet and cold days.

“There are four tennis courts here as well, all open to the public as well as dance groups using this space.

### Very special

“The opening day was manic – the sun shone, and I was very proud when my two daughters cut the opening ribbon. It was very special.”

Craig leases the building from *Eastbourne Borough Council*. He has also painted and smartened up the public toilets either side of the café.



Craig said: “It’s been a real community effort with support from local businesses including *Brewers* and *GM Monk*.

“Come and see what we have done. You will receive a warm welcome and top class customer service.

“It’s a real community, friendly and sociable space. Please come and pay us a visit.”

# Angela’s mission to support charities

**ANGELA Cain is one amazing lady.**

By **Peter Lindsey**

**She has worked at *The British Queen* in Willingdon for 20 years – the last 16 as manager.**

She has created a friendly and community-minded pub, and also supports local charities as much as she can.

On the second Thursday of every month, she holds a charity coffee

morning. Tea or coffee and cake is just £2 and there is a raffle, book sale, and Bric-a-brac to buy.

The latest was for *Save The Polegate Windmill*.

Angela said: “It all started about 14 years when we held a fundraiser for the *RNLI*, and it all snowballed from there really.

“We get great support with a minimum of 40 people turning up, normally more. You are very welcome to come along.

“Every penny we raise goes to the charity selected for that month.”

The list of charities is varied and includes *Chestnut Tree House* children’s hospice, *Mencap*, *St Wilfrid’s Hospice*, and *Children with Cancer Fund*.

Earlier this year, the pub raised £6,250 for *St Wilfrid’s* in memory of Angela’s husband, who died last year.

The total raised from the coffee mornings last year was around £3k.

Angela said: “We are delighted to support charities whenever we can. *The British Queen* is a busy, friendly and community-minded pub.

“We have a lot of locals but we also get passers-by as well because of where we are in Willingdon. It’s a real proper local pub.

“Our staff are brilliant. All of us know the importance of saying hi to anyone coming through the door, even if we are busy.”





# Junior Engineers Challenge

**TEAMS of Year 2 pupils from five primary schools took part in the annual engineering event at Eastbourne Town Hall.**

By **Tim Sorensen**

**The 'Olympics Games' Challenge' was organised by Eastbourne Education Business Partnership as part of its Engineering Club programme.**

Participating Schools were *Roselands Infant, Willingdon Primary, Stone Cross, The Haven CE Methodist Primary and Polegate.*

With the Olympic and Paralympic Games firmly in mind, the theme was set for the teams to look at 'simple machines' and some of the principles involved in projectiles – in this case the shot put.

The teams were introduced to the different types of forces, potential and kinetic energy and the challenge itself. Using a variety of materials, including recycled coffee and yogurt pots, ruler, pencils and assorted bits and pieces, they were tasked



with creating a ball launcher and a separate catcher.

Testing was all about the distance and accuracy achieved as the teams launched a ball using their individual machines. It was clear that some designs worked better than others with some important engineering lessons being learnt whilst the teams had fun on the day.

Teams were judged on the performance of their machine together with the overall design and build plus teamwork. *Willingdon Primary School* was the overall winner and received

the *Junior Engineers Challenge* trophy and individual prizes. There were also prizes for the runners-up and a special certificate for everyone.

Tim Sorensen, Programme Manager of *Eastbourne EBP*, said: "Eastbourne EBP has a strong history of supporting engineering. The event highlights the importance of engineering to the local economy and aims to put some real engineering lessons into context. As well as making learning fun, it encourages teamwork and helps the pupils to develop their practical skills. We are grateful to everyone who supported the event."



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# Eastbourne teacher raises almost £200k

**AND is invited to join *The William Marsden Circle*.**

By **Gail McKay**

**Since 2018, art teacher Miranda Pennington has organised a secret art auction in memory of former St Richard's Catholic College pupil, Sophie Maria Taylor.**

Over 5,000 mini-masterpieces by thousands of artists have been auctioned on eBay to fundraise for *The Royal Marsden Cancer Charity*. Over £100,000 was raised at this year's auction and this is added to

the £82,500 already raised since the project started. This money will make a real difference, helping to fund world-leading research to improve the lives of young cancer patients.

*The Royal Marsden Cancer Charity* has created a recognition circle for those who have contributed £100,000 and over and Miranda was delighted to have been asked to join 'The William Marsden' circle which is presided over by Professor Nicholas van As, Medical Director of *The Royal Marsden*. Miranda said "It is a real honour to have been invited to join the *William Marsden Circle* and

that *Sophie's Postcards* will be added to the roll of honour boards at the Chelsea and Sutton hospitals. I am so thankful to all of the incredible artists, supporters, bidders and volunteers who have helped to raise so much money for *The Royal Marsden* in Sophie's memory."

Sophie's parents, James & Luiza Taylor said, "We continue to be amazed at the incredible support given by artists and enthusiastic people all over the world, and are so thankful to everyone who has helped us keep Sophie's memory alive in a very special way.

When Sophie was having her treatment, she found great solace in art activities at both the *Royal Marsden* and *St Richard's*, and we are sure she would be very proud of everyone involved. We find great comfort in the knowledge that this auction is directly helping the *Royal Marsden* support other young people in their fight against cancer."

Artwork shown from Gilbert & George, Thomas Taylor, Eastbourne artist Mark Curryer, Sir Quentin Blake and Brian Blessed.



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

A 200 page catalogue with every artist and artwork listed is available on eBay.

Postcards can be seen in the online exhibition at:

[www.sophiespostcard.com](http://www.sophiespostcard.com)

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







# ERFC's Big Weekend

**EASTBOURNE Rugby Football Club (ERFC) is excited to announce its inaugural *Big Weekend of Rugby*, a family-friendly event spanning two days filled with activities, music, food and of course, Rugby!**

By **Peter Lindsey**

**Saturday, 31st August**  
**The festivities kick off on Saturday, 31st August, with a day packed with thrilling rugby matches, a raffle, games, bouncy castles, delicious food, open bar, and music.**

**12:00PM:** Eastbourne RFC U16s vs Eastbourne College U16s.

**3:00PM:** Eastbourne 1st XV vs Shoreham 1st XV (Main Pitch).

**3:00PM:** Eastbourne 2nd XV vs Shoreham 2nd XV (Martin's Field).

**Sunday, 1st September**

On Sunday, 1st September, the focus shifts to the younger generation with Minis (U6-U11s) and Youth (U12-U18) Registration Day. From 10:00AM to 12:00PM, there will be registration, training sessions, and similar fun activities from Saturday, including games, bouncy castles, food, drink, and music.

This is a perfect opportunity to introduce your children to rugby. Whether they are seasoned players or trying it for the first time, they are sure to have a fantastic time.

### Invitation to all

No matter your connection to rugby, everyone is invited:

- If you love rugby, come down and enjoy the matches and festivities.
- If you used to love rugby, come down and reconnect with the sport.
- If you know nothing about rugby, come down and discover the excitement. Fun is guaranteed for all!

### Fund the Fortress campaign

In addition to the weekend's activities, ERFC is running the Fund the Fortress campaign to raise funds for essential repairs and improvements to the clubhouse and facilities. All proceeds from the event will go towards enhancing the rugby experience for players and supporters in our community.

### Event details:

**Location:** Eastbourne Rugby Football Club, Park Avenue, BN26 6FP.

**Dates:** Saturday, 31st August and Sunday, 1st September.

**Admission:** Free for all.

Join us for a weekend of fun, family, and fantastic rugby. Help us build a better future for Eastbourne Rugby!

# They all did it!

**AROUND 1,140 people took part in this year's *Beachy Head Lighthouse Challenge*.**

By **John Wilton**, Photos by **Rupert Kirby**

**The event – organised by Eastbourne AM Rotary Club – is a marshalled walk to the Lighthouse, around it, and then back.**

There are very few times each year when this is possible, due to the tides, and each participant pays to walk – all for charity.

Martin Wellings, one of the organisers from *Eastbourne AM*, said: "It was another successful event and raised more than £7,000.

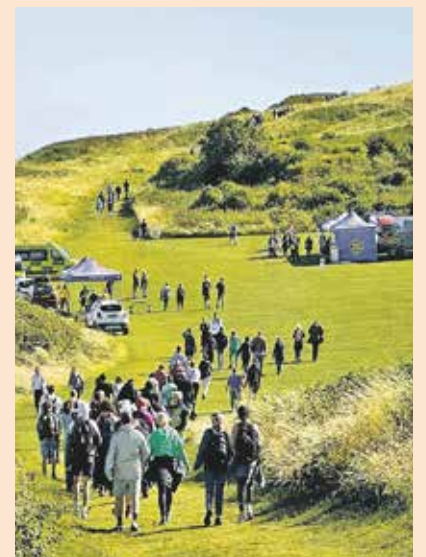
"It was a windy day but that didn't put people off. I would like to thank everyone who took part.

"This event has grown massively since its first year back in 2013.

"The purpose then was 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, we have continued to organise the Challenge every year since, with the help of volunteers."



St Wilfrid's

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Saturday 14<sup>th</sup> September

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St Wilfrid's Hospice

Event sponsored by



Join us for a walk to remember [events.stwhospice.org/star](https://events.stwhospice.org/star)

# Make a Will

## Make a difference

This September, you can make your will and support St Wilfrid's Hospice at the same time by taking part in our 'Make a Will Month' scheme.

Local supporting solicitors will write a simple will for you, free of charge, in exchange for leaving a gift in your will or a suggested minimum donation to St Wilfrid's of £150.



## Participating solicitors

Contact your preferred solicitor to book an appointment

### Eastbourne

**Barwells**  
6 Hyde Gardens,  
Eastbourne  
BN21 4PN  
01323 411505

**Cornfield Law**  
47 Cornfield Road,  
Eastbourne  
BN21 4QN  
01323 412512

**Hart Reade**  
104 South Street,  
Eastbourne  
BN21 4LW  
01323 727321

3b Meads Street,  
Eastbourne  
BN20 7QX  
01323 407577

**Mayo Wynne Baxter**  
20 Gildredge Road,  
Eastbourne  
BN21 4RP  
01323 730543

**McCarthy Webb**  
Wish Mews, 21 Wish  
Road, Eastbourne  
BN21 4NX  
01323 400530

**SO Legal**  
15 Gildredge Road,  
Eastbourne  
BN21 4RB  
01323 407555

**Stephen Rimmer LLP**  
28-30 Hyde Gardens,  
Eastbourne  
BN21 4PX  
01323 644222

**Polegate Hart Reade**  
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Polegate  
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01323 487051

**Hailsham Barwells**  
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Hailsham  
BN27 1AG  
01323 814010

**Hart Reade**  
Old Manor House,  
Market Street,  
Hailsham  
BN27 2AE  
01323 841481

**Uckfield Parfitt Cresswell**  
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01323 899331

[www.stwhospice.org/make-a-will](https://www.stwhospice.org/make-a-will)

01323 434214



St Wilfrid's Hospice





Rupert Kirby.

# Rupert's amazing images are the talk of the town

IN July's *Bournfree*, we featured some amazing pictures from Eastbourne photographer Rupert Kirby.

By **Peter Lindsey**

**What we didn't include was a picture of Rupert himself, or indeed the stunning image that was viewed on our Facebook more than 7,000 times.**

Rupert – who is incredibly well known across East Sussex – took this picture of Eastbourne Pier using a drone at 4am on the beach.

It earned rave reviews on our *Bournfree* Facebook page.

Rupert's online gallery includes some wonderful pictures, including from Cuckmere Haven, Birling Gap, South Downs National Park, Dorset and Cornwall.



You can view more of Rupert's pictures at: [www.rupertkirby.smugmug.com](http://www.rupertkirby.smugmug.com)

# Shortlisted for National Design Award

**A PRESTIGIOUS new care home in Eastbourne is in the running for a top national award.**

By **Peter Lindsey**

**Hallmark Willingdon Park Manor has been shortlisted for a prestigious Knight Frank award in the 'Care Home Design' category.**

The awards, which are organised by estate agents *Knight Frank*, seek to

recognise design excellence in care home businesses across the country.

*Willingdon Park Manor*, which officially opened in April, offers an array of outstanding features, including nine luxurious suites, which form part of a unique retirement living offering called *The Residences*.

Residents who live at *The Residences* have access to a premium suite



with a kitchenette, and exclusive amenities, such as a celebrations area and terrace, fine dining and concierge services.

Other features at the home include a sensory room to support residents living with dementia, an activities room with a baby grand piano, and a winter and summer terrace, used for gardening, bird watching and socialising.

Meanwhile outside there is a summer house, gardening club area with raised planters, and a courtyard



which supports alfresco dining in the warmer months.

The winner of the *Knight Frank Care Home Awards* will be announced at the *Knight Frank Healthcare Property Lunch* on the 3rd October, and will include a Q&A with special guests, Jayne Torvill and Christopher Dean.





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# Ken's still going strong – at 76...

**KEN Pollock from Pevensey Bay first played for his school football team when he was just nine.**

By **Peter Lindsey**

It is the first international for over 75s that has been played.

**He's now 76 and still taking part – as the player/manager of the England over 75s team. Yes, England OVER 75S.**

He said: "There are national teams for 50s and over all up to 75s and over. I manage both the 70s and 75s.

It's an incredible story – and Ken says the emphasis is the benefit of exercise.

"It's not a case of old people massaging their own egos – it's about people enjoying football regardless of age. Why stop at 50 or 55? People of 75 and over can play running football.

He said: "I love playing football – of course I do having played for all these years – but I also know how important exercise is.

"We encourage others to play on and there are now around 20 counties in the country where 60s+ County and club football is taking place.

"I can quote many examples of exercise:

- There is a 30 per cent lower risk of early death
- 35 per lower risk of stroke and coronary heart disease
- 50 per cent lower risk of Type 2 diabetes.
- 30 per cent lower risk of depression.

"Let's hope the women are next as well."

"I could go on. The point is exercise is so important to everyone, especially as we get older. We are built to move."

Ken says that having started at school aged nine, he simply has never stopped playing. He moved here in 2008 from Hythe, Kent, and the interest has never waned.

He said: "It's contemporary football where encouragement is the key word. We hold trials so yes it is competitive as to who plays.

Ken Pollock was recently part of the 14-man squad which faced the Wales over 75 side at St George's Park – England's training base. England won 7-1 and the two teams played a 90-minute, 11-a-side game on a Wembley full-sized pitch.

"We use roll on roll off play throughout the game. In preparatory friendly games we divide the game into 'team described' quarters to ensure that everyone gets a reasonably even share of the game.



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# Tea party for East Sussex Hearing

**EASTBOURNE**  
**Sovereign Inner Wheel ladies – together with husbands and friends – enjoyed an afternoon Tea Party in aid of East Sussex Hearing.**

By **Peter Lindsey**

**East Sussex Hearing provides support and assistance to individuals who are deaf, hard of hearing, or deafblind in the county.**

It offers a range of services including advice, communication support, and equipment provision to help people overcome the barriers they face due to their hearing loss.

The charity was established in 2003 by a group of dedicated staff members who recognized the need for support and services for people with hearing difficulties.

Over the years, the charity has grown and evolved to meet the changing needs of the community, expanding its services to include audiology assessments, ear wax removal, communication training, and support groups for individuals and families.

It has also played an important role in raising awareness about hearing loss and addressing broader issues related to hearing health and accessibility in the community.

There was a Book and Puzzle Table and plants for sale, with the monies going to this very worthwhile charity.

A splendid spread and thoroughly enjoyed by all.

# Making a real difference to children with cancer

**THEY spent 19 years running a charity from their house, and then small premises, both in Polegate.**

By **Peter Lindsey**

**But things certainly changed for Chris and Ursula Downton – and their team – when they moved into a former GP surgery at The Triangle Willingdon, first renting it in 2019 and soon after buying it after raising £300,000.**

Now *The Children With Cancer Fund* really is going from strength to strength.

And to cap it all, the charity has just received a grant from *Children in Need* of £79,725 over a three-year period.

Chris said: “This new funding from *BBC Children in Need* really is amazing to a small charity like ours. It will make a huge difference, it really will change the lives of some of our families.



“The money will focus on our young people’s wellbeing by providing practical and emotional support and social events to unite children affected by childhood cancer.”

Chris talks about ‘our families’ – well, that’s 148 families in total living across East Sussex and Brighton and Hove.

The charity has three key aims:

- **Granting wishes.**
- **Providing family breaks.**
- **Staging family events, such as a day out at Knockhatch or Sharnfold Farm as examples.**

Chris said: “Our profile has certainly raised since we moved to The Triangle. The number of people who see us as they drive past on that very busy road is incredible.

“We are grateful to the support of the local community, and by that I mean places such as Polegate, Willingdon and Jevington but we have also grown further afield now.

“Teamwork is key to what our charity delivers and networking is so important, right across the large area that we serve.

“We have been able to raise our profile and awareness. I genuinely believe that people respect what we do, and the communities really have taken us to heart.

“Our paid staff are the rock of our charity but we are always on the lookout for volunteers. It’s about being able to make a real difference, and there is so much that we want to do, and we are in need of more people to come forward and help in a variety of roles.”

The charity owns three caravans – two in Hastings and one in Pevensey – and these are used for the vital family breaks. All three will need replacing soon.

Chris said: “All that we do is about bringing the families together so they can share experiences and support each other.

“We also work closely with hospitals, both close by and also in London. The sooner we are able to reach out to these families the better. We also work with other charities including *Chestnut Tree* and *Demelza*.

“We are so grateful for the help that we receive from so many different groups and organisations. It does make the difference.

“It means that we can support families at their darkest times.”

**[info@childrenwithcancerfund.org.uk](mailto:info@childrenwithcancerfund.org.uk)**  
**01323 488561**



# We have moved!

Our new address is:

Ivy House, Ivy Terrace, Eastbourne, BN21 4QU

Call us on 0800 84 94 101



[www.mayowynnebaxter.co.uk](http://www.mayowynnebaxter.co.uk)





# Biking from Eastbourne Pier to Paris – and all for a great cause!

**WHEN Miles Hardy’s first ever riding buddy was diagnosed with cancer at Christmas, he knew he had to do something.**

By **Peter Lindsey**

**The result six months later was *Pier to Paris 2024* – Miles and nine mates calling themselves *The Skinny Tyre Beer Club*, completed 273 miles of cycling from Eastbourne Pier to Paris and back again!**

They set off from Eastbourne Pier at 8pm Friday evening, arriving in the French capital at around 6pm the following day.

All money raised – currently more than £6k – is going to *Cancer Research*, and Miles says sadly the poignant reasons for supporting this charity increased from one to four.

He said: “It started off with my friend being diagnosed, shortly beforehand we had lost Tom’s dad, plus my partner’s mother also received the cancer diagnosis.

“And then, three weeks before the ride, another one of our mums was told that she had bowel cancer.

“And of course, if we hadn’t already been motivated enough, all four were real reasons to increase our passion and drive. It all became very personal for us.”

Training hadn’t been easy. There had been a lot of rain in the weeks leading up to the big weekend in June, it was generally cold and the roads were, at times, slippery.

That was all forgotten as they headed off from Eastbourne Pier, up to Beachy Head, and then onto the Newhaven ferry for almost five hours.

**And then the real work began...**

Miles, Sales Director of *HPC Classics* in Hammonds Drive, Eastbourne, said: “It was cold when we started in France. The strong cyclists were at the front trying to break the air and create a draft for the others, but generally we all kept together.

“It took about ten hours in all to cycle to Paris, I would say eight hours in total of actual moving time.

“We were all indebted to Tim, our driver, who kept with us, keeping us

topped up with food and water, and anything else that we wanted.

“It was an amazing Saturday to be in Paris – it was *French Pride* and also the start of the *Tour de France*.

“There was one thunderstorm but it was a terrific experience. We all did so well – anything else now will be easy.”

James Hutchinson from Tunbridge Wells was one of the ten riders.

He said: “The roads in France were so smooth but being in Paris on that Saturday evening was something I had never expected to experience.

“There was so much traffic in Paris, it was just incredible. Cycling through

Paris was the scariest thing I have ever done on a bike!

**Elated**

“There were feelings of elation at the end – we were all buzzing; we were elated to complete the ride.

“I was super proud; I think we all were. I had never ridden a road bike like this, I still can’t believe that I did it.

“I think I said I would do it after a few beers one night, but once that first donation came in I was committed to it, and I’m so glad I did it.”

**You can still support**

Go to: [www.justgiving.com](http://www.justgiving.com) and search for ‘**Skinny Tyre Beer Club**’.







## Sovereign Harbour Yacht Club to host Eastbourne Regatta over August Bank Holiday Weekend

**The Regatta will feature a colourful array of participants from as far afield as Chichester and Calais**

We caught up with Rear Commodore Sail, Dickie Bird from SHYC to get to grips with what makes sailing so special...

*"Sailing is one of the most challenging sports, even more challenging, perhaps than climbing Everest. To realise the complexity of the sport, you must know how to prepare yourself and your boat; you need to know boat handling and tuning; race strategy and tactics, racing rules, compass work, weather, and tides. You also must have sea miles, knowledge, and experience. That said, sailing is normally an extremely safe sport, which attracts young and old participants, with hundreds of yachts out racing over the weekends".*

The Eastbourne Regatta will be held at Sovereign Harbour Yacht Club over August Bank Holiday Weekend, with two days of racing on Saturday and Sunday in Eastbourne Bay. If you wander down to the seafront from 10am onwards you'll be able to see the race fleet for yourself.

Clubs taking part in the regatta include Yacht Clubs from Sovereign Harbour, Sussex YC, Brighton Marina, Arun YC, Rye Harbour, Dover, Chichester, Calais, Boulogne and Le Treport. With Pevensey Bay, Bexhill, Hastings and St Leonards Sailing Clubs and Buzz Active.

Sponsors include Topsail Insurance, Lightning Fibre, Deliciously Sweet Chocolate Company, Harvey's Brewery, LWC, Premier Marinas, Marlow Rope and Tate Marine.

## Sign up for FREE online webinar for Wealden business owners

August 21st – 6.30pm to 7.30pm

**In the journey towards personal and professional growth, one of the most essential management tools is goal setting. Many of us are familiar with setting targets using SMART criteria. This webinar will help you manage more effectively by going beyond SMART.**

Understanding the potency of writing impactful goals not only propels individuals towards success but also lays the groundwork for mastering the art of leading situationally.

The session will cover:

- Providing clarity about the What, How and When. "From X to Y by When"
- Fostering accountability
- Providing the 'why' behind the goal
- Ensuring the goal is "Out of reach but not out of sight"
- Making the goal exciting: Is it meaningful for the individual?

The power of effective goal setting lies in tailoring goals to suit an individual's development levels. By doing this, as leaders, we

can provide the right amount of direction and support, nurturing competence and commitment in our team members.

This webinar will give you hints and tips along with some clear actionable take-aways that will help you structure your goals so that they go beyond SMART.

The webinar will be delivered by David Blackmore of Blackmore Business Solutions.

This webinar is fully funded by Wealden District Council for



business owners based in the Wealden District Council area.

**To book, visit the events page on the Edeal website [www.edealgroup.org](http://www.edealgroup.org) or email [info@edeal.org.uk](mailto:info@edeal.org.uk)**



## New members for July

Walfinch Eastbourne • Simply Simon • Iris Art • Kangaroo Connections • Park Lane Properties



## Ginger & Sanders make giant leap for the Big Cat Sanctuary

**Lisa Sanders, partner in Ginger and Sanders Sales and Lettings recently took to the skies in a brave 12,000 ft skydive. The daredevil feat was undertaken to raise money for the Big Cat Sanctuary and their Big Cats in Crisis appeal.**

The day was made all the more nerve-wracking when cloudy weather caused the jump to be delayed by several hours. Lisa and her tandem partner Daniel – one of the keepers from The Big Cat Sanctuary – did eventually make the jump and landed smoothly at Headcorn Aerodrome, which is conveniently located next door to the sanctuary!

The Cats in Crisis appeal aims to provide a forever home to five African lions currently housed in a Rescue Centre in Kyiv, Ukraine.



If you would like to donate to Cats in Crisis, visit [Justgiving.com](https://www.justgiving.com) and search 'Lisa's fundraiser for The Big Cat Sanctuary'

**You can learn more about Ginger & Sanders at [gssalesandlettings.com](https://www.gssalesandlettings.com)**



## Service with a smile: The sun shines on Eastbourne tennis



**Eastbourne Chamber were lucky enough to bag front row seats for the Rothsay International Tennis Tournament this year.**

With bucks fizz and a continental brunch on arrival, we slathered the Factor 50 on and headed out to our seats at the baseline on centre court. There, we witnessed British no. 2 Cameron Norrie put up a brave fight, but ultimately lose against Finnish Emil Ruusuvuori.

Next up was a phenomenal Italian-inspired lunch and some crisp white wine, whilst we cooled down at the luxury Love Fifteen suite in the Winter Garden.

After lunch, we enjoyed British no. 5 Emma Raducanu making a strong comeback against US no. 3 Sloane Stephens, winning 6-4, 6-0.

We then headed back to the Winter Garden for afternoon tea and some strong coffee before another trip to centre court for British number one Katie Boulter's victory against Croatian Petra Martić.

Hospitality throughout the day was provided with aplomb by Keith Prowse, the tennis was first-class, and the weather could not have been better. It was, all in all, a perfect example of why Eastbourne is the best place to live work and play in the country.

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Jon Parr with Jayne Torvill.

## Enjoy coffee – with stunning views

**IT really is the most amazing spot to have coffee or fish and chips – and enjoy the wonders of Eastbourne Seafront.**

By **Peter Lindsey**

It's available for private functions and parties, plus it has:

- The best local roasted coffee supplied by Nelsons.
- Good ole fish and chips.
- Beer battered fish tacos.
- Great tasting Hallumi.
- and the only place in Eastbourne to sell ice cream from the acclaimed *Sussex Ice Cream Co.*

**And celebrity visitors to our town agree too – both legendary actress Maureen Lipman and *Dancing on Ice* star Jayne Torvill have been customers this summer.**

*Memories by Sea* – previously a beach hut blighted by vandals and drug users – is the brainchild of Jon Parr, who lives locally in Old Town.

*Memories by Sea* was featured on *Channel 4's Britain's Best Beach Huts*. Jay Blades from the *Furniture Repair Shop* was there as he presented the show.

On a nice day, there surely is no better place to go.

Jay said: "The food is to die for."

Jon says: "When the weather is good, Eastbourne Seafront is busy and that means people love to come and eat and drink with us.

Jon says: "I believe the seafront is a place for everyone – truly accessible and affordable for all to enjoy.

"We are a very special place with stunning views out to sea. We have plenty of outdoor seating – where better would anyone want to come?"

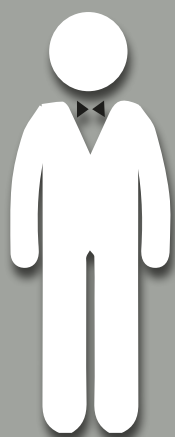
"The seafront is Eastbourne's biggest asset."

So, apart from location, there is so much more that makes *Memories by Sea* a place to visit.

It serves a perfect breakfast menu from 9am and crucially has the top five-star rating from hygiene bosses.



Jon with Maureen Lipman.



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

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# Sweet success

**IT started as granting a simple wish to an elderly resident – now it’s a booming Sweet Shop open every Saturday and Sunday from 2pm until 4pm in the *Conqueror Hall* at Horsa Close.**

By **Peter Lindsey**

**And the message is – come along and support this community venture.**

It’s the perfect place to buy sweets galore, drinks and other items – all very cheap! There are 1p, 2p, 5p and 10p sweets as well as many other items on sale.

The project is run voluntarily by Gemma McLaughlin and Russell

Dobson, the secretary and treasurer for *Kingsmere Community Association*.

They sell sweets, cold drinks, candy floss, sweet cones, party bags and have a Slush machine.

### In the beginning

Gemma said: “It all started when we were contacted by *Mortain Place* care home on Pevensy Bay Road. One of their residents was bedridden and their wish was to go to a sweet shop. That wasn’t possible, so we took the sweet shop to her room.



“That was one table – and it has grown from there. We are doing this voluntarily to support the local community.

### Smiley faces

“It gives children such great pleasure visiting us and they always leave with a smile on their faces.

“We are very cheap and all the money at the moment goes back into buying more stock. This is about providing a service for young people.”

Russell is keen to stress this is a service for people across Eastbourne, not just those on the estate in Kingsmere.

He said: “When we went to *Mortain Place*, you should have seen that lady’s face. She cried and her eyes lit up like a five year-old.

“We started this on one small table, now it is a room on its own.”

It’s called *Rockys* and in Gemma’s words ‘makes kids happy.’

She said: “We do want more people to come and use this service. Give us a try, there’s always a friendly welcome.

“We are also available for parties or group events.”

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# Pay once – and then go free at Sharnfold

**THERE is endless fun on the farm at *Sharnfold* this summer holiday.**

By **Peter Lindsey**

***Sharnfold* is owned by *The Family Parks Group*, and it reopened on Good Friday after changes and investment over the winter period.**

It's been a busy few months since then and now staff are gearing up for the busy summer holiday.

And this is their offer – pay once this summer and then return as many times as you like.

This special offer runs until 2nd September 2024.

Donna Bull from *The Family Parks Group* said: "Join us to experience our Maize Maze, Sunflower Walk and all the usual fun *Sharnfold* has to offer.



"What's more, pre-book and pay once this summer, and return as many times as you like throughout the holidays for FREE!\*

"We are looking forward to an incredibly busy summer here at *Sharnfold*."

Farm trail tickets are £6.45 per person\* when you pre-book here: [thefamilyparksgroup.co.uk/events/summer-fun-on-the-farm](http://thefamilyparksgroup.co.uk/events/summer-fun-on-the-farm)

\*Return for free offer is available with pre-booked tickets only. Pre-booking closes at midnight the day before. Booking fees apply. Under 2s go free. Return visits exclude 8th August. Photo ID alongside original tickets will be required on the gate for adults. Tickets are non-transferrable.



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# Airshow Special



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Our store situated in The Beacon shopping centre is home to our dedicated **ROLEX** in-store showroom, alongside luxury Swiss watch brands including **Breitling, Longines, TAG Heuer, TUDOR and Tissot**. In-store at The Beacon, you'll also find our **diamond** and **fine jewellery collections, pre-owned** selection and **lifestyle brands** including **Gucci** and **Swarovski**.



## An Array of Aftersales Services

At Brufords, we understand the sentimental value that your watches and jewellery hold, so when your much loved pieces are in need of a little bit of TLC, visit us in-store to discover how we can help restore them to their former glory. Our comprehensive range of aftersales services includes **ring re-sizing, bracelet and chain alterations, watch battery replacement and full servicing**, to name but a few, and our team of dedicated aftersales experts are always happy to answer any questions you may have.



## A State-of-the-Art, On-Site Watch Workshop

We are also extremely proud of our **in-house, state-of-the-art watch workshop**, which allows us to offer customers the very best in luxury watch maintenance. Situated at our Cornfield Road head office, the workshop has been designed to reflect the exacting standards of excellence you'd expect from us here at Brufords, and our team of watchmakers and technicians has been carefully selected for their uncompromising professionalism and expertise. Having achieved **accreditation** status from **several major Swiss watch brands**, this recognition now allows full access to genuine parts and materials.



## Our New Flagship Store

Set to open in Summer 2025, our exciting new premises at No.10 Cornfield Road will be home to a second bridal boutique - complete with Champagne bar - **jewellery showroom and aftersales centre**. On opening, the building-which dates back to 1913 when John Sainsbury first opened the store will have undergone major renovations both in-keeping with its original features and updating its design to fit the needs of the contemporary customer.



## Our Exclusive Bridal Boutique

Committed to providing our customers with the very best when it comes to choosing jewellery for life's special moments and beyond, in 2023 we opened our **bespoke in-store bridal boutique** in partnership with British jewellery brand **Brown & Newirth®**.

Home to our exquisite selection of **engagement, wedding and eternity rings** plus our bridal jewellery collection, each piece in our showroom is hand-picked by our team of jewellery specialists to suit every preference, lifestyle and price point. You can also make one of life's precious moments even more memorable with our "Bridal by Appointment" service. Offered exclusively in-store, you can enjoy a glass of Champagne whilst one of our experts helps you to choose the jewellery you'll wear for a lifetime.



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Photos: Paul Johnson – Flightline UK.



# Historic Anniversary line-up for Eastbourne Airshow

**THE supersonic Swedish Draken, Jet Provost, Bronco, Rolls-Royce Heritage Flight and a D-Day Memorial Display will lead an all-star historic line-up at this year's 30th anniversary of *Airbourne: Eastbourne International Airshow* from 15th – 18th August.**

By **Emily Barnes**

**Joining the flying programme is the return of Rich Goodwin's incredible Jet Pitts with added jet turbines, the AeroSuperBatics Wingwalkers and brand new displays from The Starlings Aerobatic Team – flown by two British Aerobatic Champions.**

The newly announced displays join the RAF Typhoon, *Battle of Britain Memorial Flight*, *Tutor* and a *Diamond Season 60th anniversary display* on Thursday by the *Red Arrows* just before they depart on their overseas tour.

## Not to be missed

Not only the first Western European built combat aircraft capable of breaking the sound barrier, but also the first known aircraft to perform the now famous Cobra manoeuvre, the Draken Cold War fighter jet can reach speeds of up to Mach 2. It is flown by the *Swedish Air Force Historic Flight* and is one of the few remaining examples in the world.

Over the weekend the Blenheim, Mustang and Spitfire will provide a poignant moment with a *D-Day*

*Memorial Display* to commemorate 80 years since this key date in history. The aircraft will fly together in formation and also perform solo displays in an extended set piece.

Ex Tornado pilot and fan favourite Rich Goodwin will be bringing his high energy gyroscopic aerobatics in the world's first jet powered Pitts Special biplane. New to the show, *The Starlings Aerobatic Team* will also be showcasing their credentials which include a string of championship titles, flying in NGs which provide an advancement in aerobatic aviation technology.

A spokesperson from *Eastbourne Borough Council* said, "After the much anticipated 60th anniversary *Red Arrows* display we have a really interesting mix of aircraft this year of warbirds, advanced aerobatics using new technology and some early fast jets. The Draken is a rare treat this season and will certainly grab everyone's attention."

## All day entertainment

Flying starts at 2.30pm on Thursday and Friday and 2.15pm on Saturday and Sunday, ending at 5pm each day. *Airbourne* opens at 10.30am each day with Military displays, children's entertainment,

shopping village and more, with a firework finale on Sunday evening sponsored by the *Eastbourne Hospitality Association*, *Elite Medical* and *Frontier Fireworks*.

For those looking to get the best viewing spot, seating is available in the Grandstand, Promenade and Bandstand from £25 per person, or *The Airfield* and *Aviator Club* both offer formal and informal hospitality options, including a post-flying DJ set in the new Airfield enclosure.

Programmes are available for pre-order now and *Supporters Club* and *Air Bear Club* options both provide ways to support the show financially while also benefiting from exclusive memorabilia, exclusive toilet access and VIP *Air Bear* meet and greets.

## The flying line-up includes:

**RAF Red Arrows** (Thurs)  
**RAF Typhoon** (Fri–Sun)  
**RAF Battle of Britain Memorial Flight** (Thurs–Sun)  
**RAF Grob Tutor Display** (Fri–Sun)  
**Swedish Air Force Historic Fight: Draken** (Thurs–Fri)  
**D-Day Memorial Display: Blenheim, Mustang & Spitfire** (Sat–Sun)

**Rich Goodwin Jet Pitts** (Thurs–Sun)  
**The Starlings Aerobatic Team** (Sat–Sun)

**Rolls-Royce Heritage Flight: Mustang & Spitfire** (Thurs–Sun)  
**Jet Provost** (Thurs–Sun)  
**Bronco Demo Team** (Thurs–Sun)  
**AeroSuperBatics Wingwalkers** (Thurs–Sun)

## Sponsors

This year's *Airbourne* is supported by Silver Event Sponsor: *Birchwood* – providing net zero emissions pilot and logistic vehicles, along with sponsors *Brufords*, *Caffyns*, *Cloud Connx*, *Cumberland Hotel*, *Eastbourne Hospitality Association*, *Elite Medical*, *Environment First*, *Euro Self Drive*, *Frontier Fireworks*, *Lansdowne Hotel*, *More Radio*, *Neighbourhood First*, *OHM Energy*, *PRG Marketing Communications Ltd*, *Pureprint Group Ltd*, *Signtek*, *Stagecoach*, *The View Hotel* and *Your Eastbourne BID*.

## Support

Donations can be made now at **SaveAirbourne.com** or visitors can also join as an *Airbourne Ambassador* with a monthly pledge.

For more *Airbourne* information visit **www.eastbourneairshow.com**





**IF you love seafood, the team behind *Pebbles on the Beach* in Bexhill have opened a brand-new restaurant at the *Enterprise Shopping Centre* in the heart of Eastbourne!**

By **Emily Sander**, Enterprise Shopping Centre

***Pebbles, Kitchen and Wine Bar* opened on the 26th July and it's safe to say this new addition to Eastbourne's culinary landscape is set to be every bit as popular as its sister restaurant along the coast.**

*Pebbles* is a family run restaurant, founded by Husband and Wife team, Kirsty & Michael Dobbs. With many years of restaurant experience, including at *Webbe's* in Hastings, they are passionate about delicious food and great customer service.

On the menu you'll find everything from Rock Oysters and Whole Native Lobster to Spaghetti Vongole and Cracked Crab Claws. If you're feeling decadent, you can treat yourself to the *Pebbles Ultimate Fruit De Mer Sharer!*

If seafood isn't your thing, *Pebbles* also serves dishes from the land, including Char Grilled Ribeye Steak and Pulled BBQ Mushroom Bao Buns.

For kids there's even a *Little Pebbles Menu* which includes Battered



Photos by Alex Read.



Fish Goujons, Butter Chicken and Summer Vegetable Pasta.

Where possible, *Pebbles* aims to use local suppliers, including *PH Fisheries (Hastings)*, *Court Garden Vineyard* and *Poppyseed Bakery*.

*Pebbles* has a thoughtfully curated drinks menu, with helpful recommendations so you can perfectly match your wine with your meal. Along with great picks from classic European wine regions and further afield, you can enjoy English Sparkling Wine from *Albourne Estate* and *Court Garden*. The perfect accompaniment for your food.

Mike said "Kirsty and I are delighted to bring our family restaurant to Eastbourne where we look forward to welcoming customers old and new to sample our extensive menu! We look forward to your visit!"

To book a table at *Pebbles*, give them a call on: **01323 925178**

[www.pebblesonthebeach.com](http://www.pebblesonthebeach.com)

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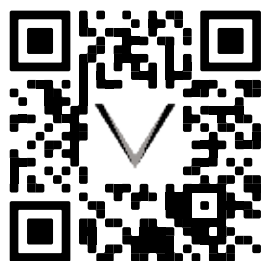
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# What can I do with my kids in August?

**WE hear you...keep reading!**

By **Taria Williams**

**We are bursting at the seams with things to do throughout the summer holidays at *The Waterfront Eastbourne*.**

On **Saturday 10th August** from 11am – 4pm we have fairground

rides, face painting for all ages and also hair braiding.

**Sunday 11th August** we have a bungee trampoline from 11am – 4pm for children of all ages.

Please make sure you have cash for all of the above activities as unfortunately, we aren't able to take card payments.



Our urban beach is open everyday all day long, so it's great for the little ones to play in the sand, building sand castles, whilst you relax for a while and keep your eye on them from the comfort of one of our deck chairs.

If the weather turns for the worst, like our British summer time is well known for, we have *Planet Golf* to enjoy, which is indoor crazy golf! This is fun for children young and old, and parents seem to enjoy it too.

It's not all about the kids! On **Sunday 4th August** we have our monthly *Wheels on the Waterfront*.

This is a free event for all ages to come and view classic and American cars. We also have live music from a *Blues Brothers* duo to really liven up our Sunday morning car event! This event will take place from 9am – 12pm.

While you're at *The Waterfront* you won't go thirsty or hungry with an array of cafés and restaurants that adorn the harbour. With an ice cream parlour and fish and chip shop also, there's so much choice! We're also dog friendly, so no need to leave them out of the fun!

[www.eastbournewaterfront.co.uk](http://www.eastbournewaterfront.co.uk)



**BREAKING NEWS**  
**TAYLOR'S RESTAURANT**  
**ARE YOU AWARE WE HAVE MOVED TO**  
**3-5 BOLTON ROAD**



Taylor's originally started in 1919 in the beacon shopping centre next to cineworld. At the end of 2023 we took the decision to relocate due to the complete lack of footfall we were receiving. We have now gone back to where it all started 40 years ago in bolton road where it was first named Shades Restaurant and was run by Colin and Sharon Taylor. This new venture is now run by their son Mark Taylor

We are a family run independent Restaurant and Sports Bar. We are not your traditional Sports Bar and we pride ourselves on creating a venue open for all ages and genders. Its important to us that everyone has a place that they feel safe and comfortable in.

**COME DOWN AND SEE OUR NEW VENUE**



# Eastbourne's popular Pop-Up Park returns to Victoria Place this summer!



## 27th July – 8th September

Join us every day (and night) to soak up the sun – a cool drink in one hand and a tasty bite to eat in the other – as you while away the time with friends and family against the bustling backdrop of friendly conversation and live music on two stages!

\*Entertainment subject to change. Please check our social media for full details.

### JULY

#### Fri 26th 6–10pm

Paris Olympic Games Opening Ceremony  
Big outdoors screen & seating area

#### Opening Day: Sat 27th – The Belgian Café Stage

Dancing in the Street (2–5pm)  
Abba (5:30–6:30pm)

#### Sun 28th – The Belgian Café Stage

Original 45ers (2–5pm)  
Ragati String Band (5:30–7:30pm)

#### Wed 31st – The Belgian Café Stage

Andy T King Elvis (6–8pm)

### AUGUST

#### Fri 2nd – Qualisea Stage

Helen Ward Jackson Divas (4–6pm)  
Jo Jo The Amy Winehouse Experience (6–8pm)

#### Sat 3rd – The Belgian Café Stage

Luch Stefano (2–4pm)  
Chilli & Ginger (5–7pm)

#### Sun 4th – The Belgian Café Stage

DJ Rob Clarke (2–5pm)

#### Wed 7th – Qualisea Stage

Watson Brothers (3–5pm)

#### Fri 9th – The Belgian Café Stage

Tom Fitzpatrick (6–8pm)

#### Sat 10th – Qualisea Stage

John R Lane (4–6pm)  
Steve Dunnett (6–8pm)

#### Sun 11th – The Belgian Café Stage

Stuart Trevelion (2–6pm)

#### Wed 14th – The Belgian Café Stage

Open Stage hosted by Alex D. Rico & Will Taylor (6–8pm)

#### Wed 21st – Qualisea Stage

Georgie Sinclair (Country Singer) (6–8pm)

#### Fri 23rd – Qualisea Stage

Watson Brothers (3–5pm)  
Carl Parsons (5–6pm)  
Andy T King Elvis (6–8pm)

### AUGUST (CONTINUED)

#### Sat 24th – Qualisea Stage

Court Brothers (3–5pm)  
Tom Fitzpatrick (6–8pm)

#### Sun 25th – The Belgian Café Stage

Winnie Chris Trio (2–4pm)  
The Medicine Cabinet (5–8pm)

#### Wed 28th – The Belgian Café Stage

Open Stage hosted by Alex D. Rico (6–8pm)

#### Fri 30th – Qualisea Stage

Stereo Kings (6–8pm)

#### Sat 31st – The Belgian Café Stage

Eastbourne Music Collective (2–8pm)

### SEPTEMBER

#### Sun 1st – Qualisea Stage

Sound of the Crowd (4–6pm)

#### Wed 4th – The Belgian Café Stage

The Street Lights + Guest (5–8pm)

#### Fri 6th – The Belgian Café Stage

Calzy (5:30–6:15pm)  
Mike Fillery and The Other Two (6:45–7:45pm)

#### Sat 7th – Qualisea Stage

Abba (4–5pm)  
Hunky Dory (6–8pm)

#### Finale: Sun 8th – The Belgian Café Stage

Dancing in the Street (2–5pm)

## Shades Restaurant

A family-run favourite, Shades has been serving Beacon visitors for over 27 years. We began as a single eatery and have grown to include a kiosk offering snacks, ice creams, and slushies.

Situated in the heart of the Beacon, our spacious seating area offers over 270 seats to enjoy a quick bite or a leisurely lunch in comfort.

Our menu features a variety of freshly cooked, traditional main meals like our roast of the day, steak pie, cottage pie, and fish and chips. Lighter options include our salad bar, paninis, and toasties. Our on-site bakery serves freshly baked scones, desserts, cakes, and even the world-famous Banoffee pie.

Many of our loyal customers have been dining with us for years. Whether it's your first or hundredth visit, we're committed to providing a delightful dining experience and a warm welcome.

#### Opening Hours

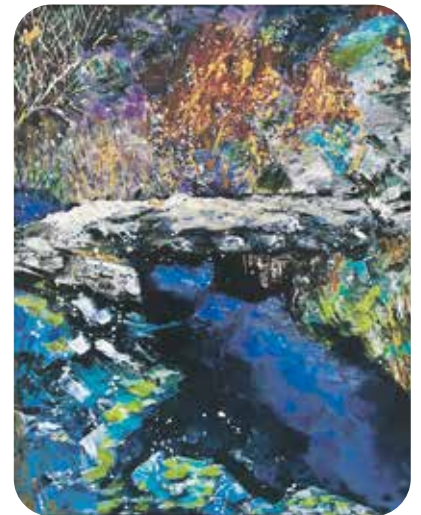
Mon-Sat: 9.30 – 17.00  
Sun: 10.00 – 16.00

#### Lunch

Mon-Fri: 11.30 – 14.30  
Sat: 11.30 – 14.45







# August, Art & Airshows

**PENNIE Cunliffe-Lister doesn't let the grass grow under her feet and August is exciting as ever.**

By **Gail McKay**

**August sees the continuation of a collection titled *Trees and Cooling Streams* which runs to 22nd September with guest artists each month, currently Jackie Hulford and Jane Hicks Join Pennie Cunliffe-Lister this month.**

### **Soothing trees**

Pennie's paintings are an interpretation of the peaceful and consuming influence nature has on us. Enjoy the soothing effect of the trees and the bodies of water, that lull the viewer into a relaxing state. Jane Hicks draws the trees and

their reflections from *Sheffield Park*, it's breathtaking and dreamlike. A self-taught artist from Eastbourne she works mainly in pastels. Jackie Hulford's work, in contrast, is louder and more visceral, with her landscapes painted with an intense colour palette.

### **Airshow weekend**

Over the Eastbourne International Airshow weekend (15th–18th August 2024) there will be additional work by Alan Taylor and Robert Stevens with subject matter.

Alan Taylor favours watercolours and his paintings are a mixture of delicate colours and rich detail. Robert Steven's work is bold and graphic. Prepare for big skies and red arrow smoke depicted like Starling murmurations. A riot of energy and colour.

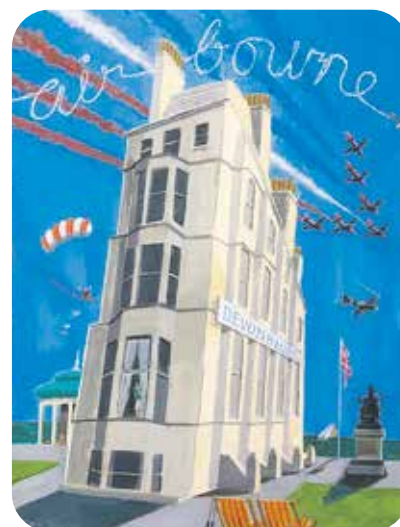
### **Racher sisters**

Towards the end of August and into September, Sue Smith, Val Racher and Christine Racher join the gallery with more inspirational paintings.

There is always something for everybody at *Gallery@42*, Pennie provides a seemingly endless stream of talent, and everyone is welcome to pop in and enjoy.

The gallery is open Thursday to Sunday, 12–6pm.

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www.galleryat42.co.uk**







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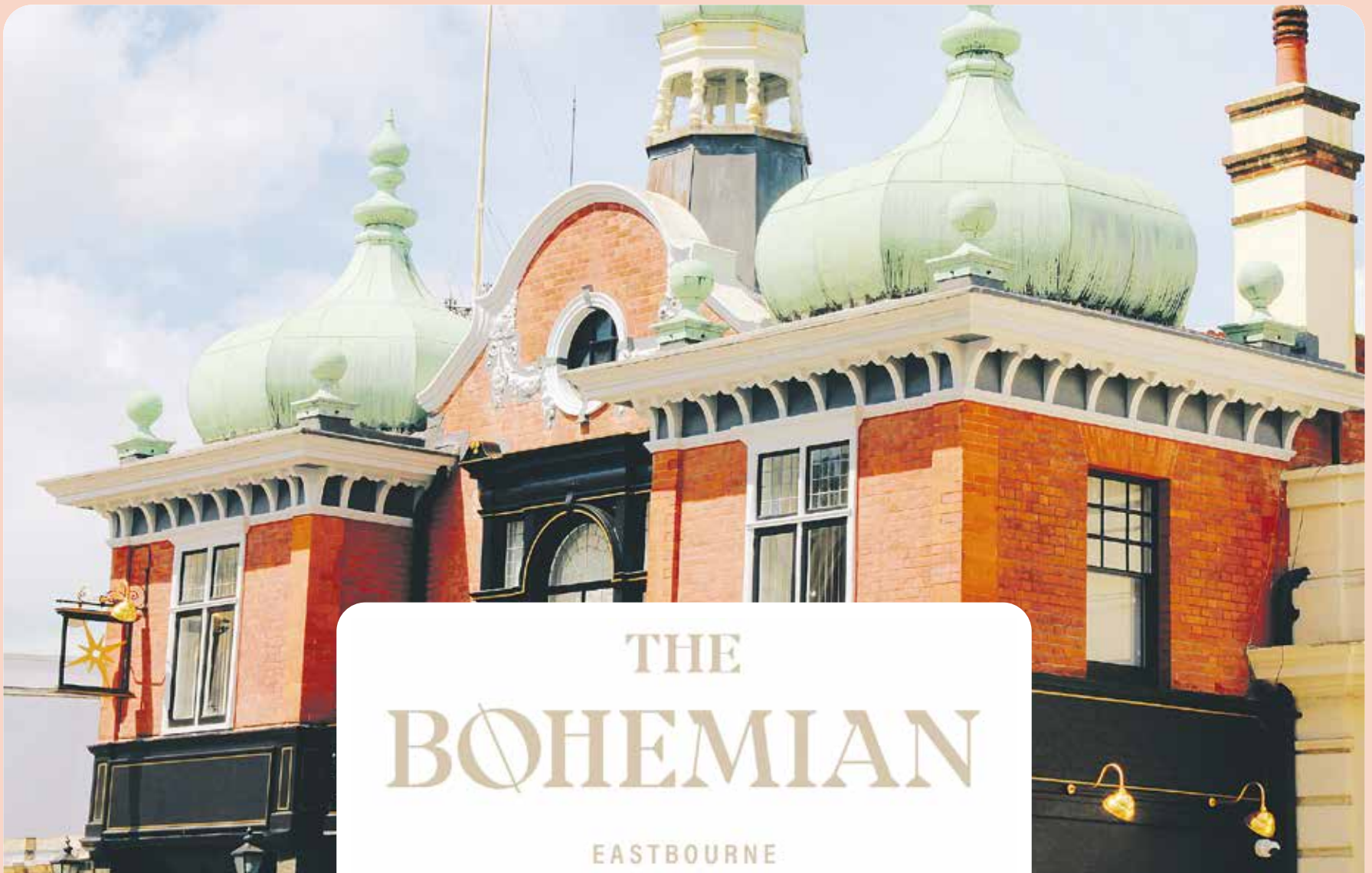


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# THE BOHEMIAN

EASTBOURNE

## 'THE new pub in town' – and customers love it!

By Liis Hirvoja

**The Bohemian, formerly known as the Stage Door, is Eastbourne's new all-day pub and late-night music venue.**

Located just back from the seafront in the *Devonshire Quarter*, Eastbourne's theatreland, the pub takes its inspiration from its architecture and cultural surroundings – and it's perfectly situated if you're heading down to *Airbourne*.

The building has been transformed by the award-winning team that brought us the *Eight Bells* in Jevington – named Best Sussex Pub 2024 – and *Light*, the acclaimed restaurant and bar at the *Towner Gallery*. Their new place has a real sense of a life well-travelled, with lots of influences and memorabilia from across Europe.

The bar food includes some great pub classics, from a juicy burger (pick your own size) to a mighty fish roll, chicken wings and Padron peppers. The main menu has a European twist, from bavette steaks to Toulouse sausages, chicken schnitzel and even an indulgent

cheese fondue – you don't get much more Bohemian than that!

The kitchen is open for lunch every day between 12pm and 3pm, with dinner served from 5pm Monday to Saturday.

The beer offer is just as diverse, from local *Long Man* ales, to fruity and non-alcoholic lines on tap, and lots of eclectic bottles from the continent. It also stocks the best of local and European spirits,

with some curious and wonderful flavours, and a great choice of Sussex sparkling wines.

Its characterful and spacious new interiors play host to a regular programme of music, from jazz every Thursday, to some of Sussex's best bands and vinyl DJs on Friday, and happy house and funk on Saturdays. The pub also boasts a record player (choose what you like from their vinyl collection) and a baby grand,

which anyone can use and has been attracting some great local talent. The house pianist takes requests over Sunday lunch too.

The refit has also seen the creation of some new snugs, one with a wrap-around sofa and collection of travel books, and another with a chess table and choice of other board games.

Most of all, this new pub is a great place to meet – whether that's for a coffee, end-of-day-catch up with friends, or a night out at the weekend. Head on down to Compton Street to try it for yourselves!



### OPENING TIMES:

Monday to Thursday: 12pm–11pm  
Friday & Saturday: 12pm–1am  
Sunday: 12pm–10pm

10 Compton Street  
Eastbourne BN21 4BW

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Di Lieto's Coffee Lounge boasts a stunning location in the heart of Eastbourne Marina at The Waterfront, Sovereign Harbour... but don't just take our word for it - come and join us soon!

Now in its 25th year, this family-run business is very proud to have been serving regulars and visitors alike with a fabulous range of breakfasts, speciality coffees, delicious cakes and ice-creams along with a wide choice of snacks, hot and cold menu options and daily specials!

There's lots of FREE parking in the Waterfront car-park, a great menu, a friendly, attentive service and, of course, amazing marina views - so pop along and visit the team at Di Lieto's soon - the doors are always open and you are assured of a warm welcome in our silver anniversary year - rain or shine!

**Di Lieto's Coffee Lounge at the Waterfront, Sovereign Harbour, Eastbourne BN23 5UZ. Tel: 01323 470990**

## 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!**



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By **Peter Lindsey**

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Jason said: “We absolutely love what we do, and because there are only the two of us, you can be guaranteed a friendly and efficient service.

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the  
**Agora**  
Where life begins



# The Agora family expands with new clinic

**EASTBOURNE** welcomes a new fertility clinic, marking a significant milestone for the award-winning *Agora* family.

By **Chloe Perry**

**This new addition promises to bring essential fertility care to the community, bolstering reproductive autonomy and breaking down so many of the barriers that hamper access to fertility treatment.**

The Eastbourne clinic joins its siblings in Brighton and Worthing, further solidifying *Agora's* status as the largest provider of fertility services in Sussex. Headed by CEO and Medical Director Dr Carole Gilling-Smith, an internationally renowned gynaecology and fertility Consultant, *Agora* has proudly helped bring over 4,000 babies into the world.

## The gift of hope

"We are thrilled to announce that our family is growing!" Dr Gilling-Smith posted in May. "*Agora Eastbourne*, our newest IVF clinic, is now licensed by the *HFEA*, marking a significant milestone in our journey. Here's to new beginnings and the gift of hope we're bringing to Eastbourne!"

Located on the modern *Chaucer Business Park*, the newly designed and impeccably furnished clinic boasts state-of-the-art facilities, including a fully equipped embryology and andrology laboratory which allows *Agora Eastbourne* to offer a comprehensive range of fertility services. The clinic's advanced equipment features time-lapse incubation and Artificial Intelligence, ensuring local access to cutting-edge fertility treatments.

Director of Operations Michele Gilling-Ulph, who has been with *Agora* for over nine years, oversaw the project management of the new clinic. "The project was both challenging and hugely rewarding," she remarked. The clinic's thoughtful design reflects a commitment to privacy, confidentiality, and patient comfort, welcoming both private and *NHS*-funded patients.

## Highest standards

Senior Embryologist Victoria Wells, along with Laboratory Manager Anita Chau and the Embryology team, coordinated the laboratory build, ensuring the highest standards in fertility services.

*The Agora* believes that everyone deserves access to the joys of starting a family, irrespective of their gender, sexual orientation, and financial status. *Agora Eastbourne* offers both *NHS* and private



personalised, bespoke services, with its professional team of consultants, nurses, embryologists, counsellors and administrative staff all guiding you every step of the way. Their aim is to create a welcoming and supportive environment, providing exceptional scientific expertise and emotional support throughout, even during times of uncertainty.

## Serene ambiance

The clinic's serene ambiance is complemented by breath-taking views over the South Downs and the Cuckoo Trail, visible from the waiting area and consulting rooms.

Easily accessible, the clinic is close to Polegate mainline station, the A27, and a nearby bus stop, making it convenient for patients across the

region. The clinic is also fully accessible to individuals with disabilities.

## More than a clinic

*The Agora Eastbourne* is more than just a clinic, it's a family. And one that's growing every day. Offering fertility MOT assessments, IVF and ICSI when there are male factor issues, fertility preservation, donor sperm and egg treatments, surrogacy as well as a menopause service and all complemented with supportive services such as counselling and nutrition advice.

*The Agora* welcomes you to visit their website on [www.agoraclinic.co.uk](http://www.agoraclinic.co.uk) or give them a call on **01273 229410** to find out more, or book in for an open evening and tour of the clinic.

**Welcome to Agora Eastbourne!**





# “What’s it got in it’s pockets?”

## ASKED Gollum in *Lord of the Rings*.

By **Lindsey Gwynne**

**We don’t anticipate meeting anyone as creepy as Gollum on our walks, but some of us carry surprising stuff in our pockets/backpacks:**

**A packet of *Fisherman’s Friends*.**  
**A large cotton hankie.** Useful for mopping a sweaty brow and even if soaking wet from rain, you can still use this to blow your nose, unlike a paper tissue!

**Sheep’s wool,** yes, honestly. It is very good for wrapping around sore toes and contains soothing lanolin.

**Lipsalve.** The wind atop the downs can be biting!

**Two plastic carrier bags,** to put on over your muddy boots when going indoors or even to use as wellies to wade through a deep puddle!

**Secateurs,** to cut back brambles and nettles.

**A map,** although many people use various map-apps now, which can be pre-programmed with the route, or record the route for future reference.

**Bus pass,** for when the going gets too tough!

**A first aid kit,** to include what you might personally find useful, eg blister plasters, anti-histamine cream, indigestion remedies.

**A phone/camera,** to record the happy faces of your fellow travellers, and whatever you like to remember from the day.

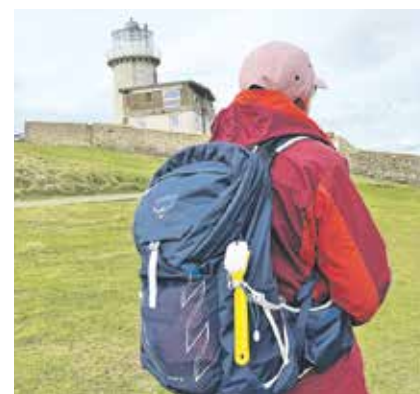
**A tripod stool,** if you can’t quite make it to the ground (or up again) for the picnic, or even ...

**A fishing stool,** built into your backpack (which contains the *Fisherman’s Friends*, naturally)

**Horse bandages,** carried, and used, by a retired vet!

**Washing up brush** – and a photo to prove it! Ideal for giving muddy boots an initial scrub in a puddle at the end of a ramble.

Our friend Dorothy though must surely take the biscuit for being the best prepared rambler ever. Her pack always includes: a sewing kit, jelly babies,



spare tee-shirts (short and long sleeved), foil blanket, pen & paper, business cards, screwdriver (don’t ask!), bottle opener, shopping bag, knee plasters, string, vaseline, AA card, spare ferrules (for the bottom of walking poles). On a multi-day ramble she also takes boot cleaner, washing line and laundry liquid. No worries about forgetting anything if you’re walking with Dorothy!

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



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I also work with acquired brain injury, pain management and ASD.

**BERI COHN**

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 bericohn18@gmail.com 07941 626555







# Better health grants available

**THIRD round of funding is available for physical activity groups.**

By **Peter Lindsey**

**Organisations within Wealden are being encouraged to apply for funding as part of the Tackling Inequalities Through Physical Activity programme.**

East Sussex Public Health has released funds to Wealden District Council to deliver a third round of grant funding to support organisations which specifically work towards reducing inequalities and aim to deliver better health outcomes within the district.

The funding can support existing projects or new ideas, which provide direct support to the local community. It includes anything from gardening clubs to seated exercise sessions and more.

Previous rounds of funding over the past two years have provided funding to 11 organisations within the district.

These include *The Good Company People*, which increases fitness levels through exercise for over 65s and *The Conservation Volunteers*

(TCV), which provides residents with practical conservation activities to increase mental wellbeing through a *Green Gym* project.

Councillor Kelvin Williams, Alliance for Wealden (Liberal Democrat) and lead councillor for Public Health, Wellbeing and Asset Management said, "This funding is important to tackle the inequalities that we see in physical activity. Research has been undertaken by *Active Sussex* which found that there are four priority groups at risk of health inequalities.

"We want to give funding to organisations that will reduce health inequalities in the district whilst increasing the opportunity for people to lead healthy and happy lives, create better and stronger communities and social interaction."

To apply for funding, email [wellbeing@wealden.gov.uk](mailto:wellbeing@wealden.gov.uk)

Allocations will be prioritised in order of the ability to deliver activities and interventions to Wealden. Applications open from 8th July 2024 and must be submitted by 3rd September 2024 and can be made for amounts between £1,000 and £15,000.



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# DGH Trust and Project SEARCH celebrate 10-years



**THE DGH Trust was thrilled to host the celebrations and mark the milestone with a graduation event at the hospital to celebrate interns, both past and present.**

By **Peter Lindsey**

**Since 2014, the trust will have facilitated 105 interns, of which 24 have gained successful employment at our organisation.**

Richard Milner, Chief of staff and executive sponsor for the (Dis) Ability

staff Networks, attended the event and co-presented the awards with Stacey Beard, Supported Interns lead for East Sussex College.

### A terrific scheme

Richard said "It was genuinely an inspiring and moving event, it was a pleasure to be a part of it. It really is a terrific scheme and we saw what it means to people at the celebration."

Project SEARCH is a year-long supported internship programme for young people aged 18 to 25 who have an education, health and care plan.

The course is based at *Eastbourne DGH* which gives the young people an opportunity to gain and develop work-related skills, knowledge and behaviour whilst they are on placement over three different hospital departments. Job coaches and work mentors ensure that any barriers to accessing a work placement are removed and that learners receive the right balance of support and challenge they need to

get ready for employment. Anyone interested can see a video of this year's graduates and find out more here.

Jacquie Fuller, Assistant Director HR – Engagement & Wellbeing says, "It is a pleasure to have this association with the college and *Project SEARCH* as part of the team's remit and it was so lovely to be at the celebrations and mark 10 years of the partnership."

If anyone is interested in finding out more about hosting an intern from September 2024, please contact [stacey.beard@escg.ac.uk](mailto:stacey.beard@escg.ac.uk)

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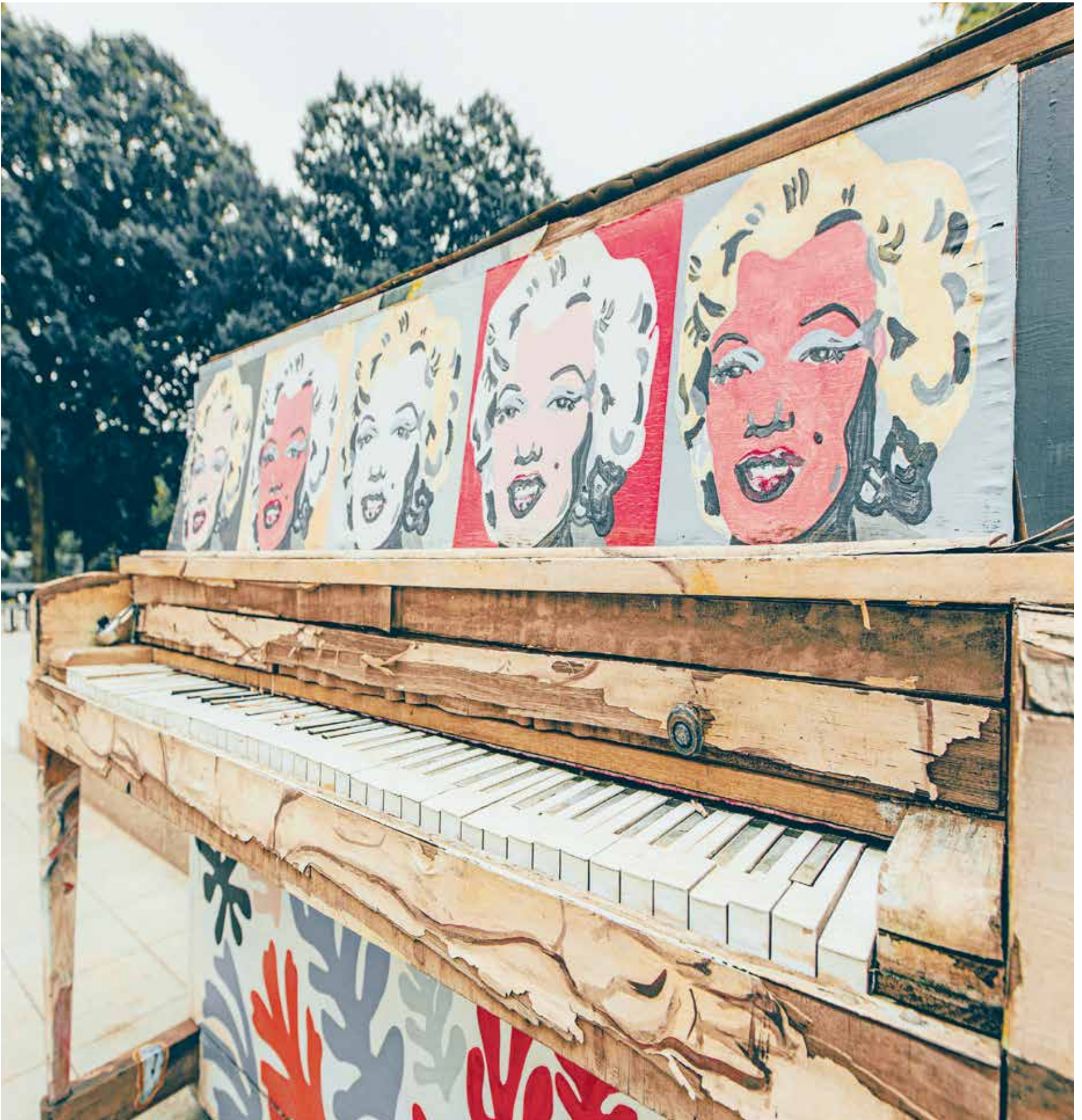
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# The Arts



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**WHEN?** 2<sup>nd</sup> Wednesday, every month  
Doors open 7pm

**TICKETS £12** [www.bavardbar.co.uk](http://www.bavardbar.co.uk)  
[www.towner.gallery/bavardbar](http://www.towner.gallery/bavardbar)



# Step into the unknown

**FORREST Gump famously likened life to a box of chocolates, on the basis that “you never know what you’re gonna get”. It’s not the most accurate analogy however, since most boxes of chocolates tell you what’s inside.**

By **Harry Farmer**

**Unlike the *Bavard Bar*. Month on month audiences pack out *Towner* in Eastbourne genuinely not knowing who will be speaking or what they will be speaking about.**

If you’ve never been to the show, the *Bavard Bar* (from the French verb ‘bavarder’, meaning ‘to chat’) is hosted by Tim B’vard, a former lawyer turned standup/MC. Every second Wednesday, three regular people share their singular passions.

At July’s show we heard from Serena Mitchell about the remarkable church



of St Andrew’s in Bishopstone, and its connection to Sussex Saint Lewina, Nell St John Montague and the Sheela-na-gig, from Julia Chi Taylor about her unusual and amusing passion for weddings and Ian Dowding, the wonderful creator of Banoffee Pie! And Janette Cross performed an hilarious ‘KP Lite’, a quick-fire impromptu comedy game created by Tim B’vard.

Throw in some live piano music from Piano Man Dan, funny audience captions and a handful of other games including the ‘Oojah Kappivvy’, ‘Make it Stop’ and ‘Pearl or Dean’, and it makes for a very entertaining night!



The show is becoming increasingly popular, so if you fancy coming, and you’ll be very welcome, it’s usually best to book in advance via *Towner’s* website. For more information, visit: [www.bavardbar.co.uk](http://www.bavardbar.co.uk)

Salt Edge Arts presents  
**SHORELINES**  
 A collaborative art exhibition, inspired by words, poetry, thoughts and connections with the landscape

18 to 26 August 2024, 10 am - 5 pm daily  
 at South Hill Barn, Seaford, BN25 4JQ

In support of charity:  
 The Youth Counselling Project, Seaford  
[www.saltedgears.com](http://www.saltedgears.com)

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TO FIND OUT MORE GO TO  
[www.wickstfestivals.co.uk](http://www.wickstfestivals.co.uk)



# Thoroughly entertaining madcap production

THE game's afoot in this refreshing and brilliantly funny adaptation of the Sir Arthur Conan Doyle classic, *The Hound of the Baskervilles* at the *Devonshire Park Theatre, Eastbourne, Friday 2nd – Saturday 31st August* featuring **Andrew Pollard, Ben Roddy and Tom Richardson.**

By **Harry Farmer**

**Audiences can expect to be thoroughly entertained in this fast-paced dramatization which is given the full *Eastbourne Theatres* treatment akin their previous productions of *The Invisible Man*, *The 39 Steps* and *Around the World in 80 Days*.**

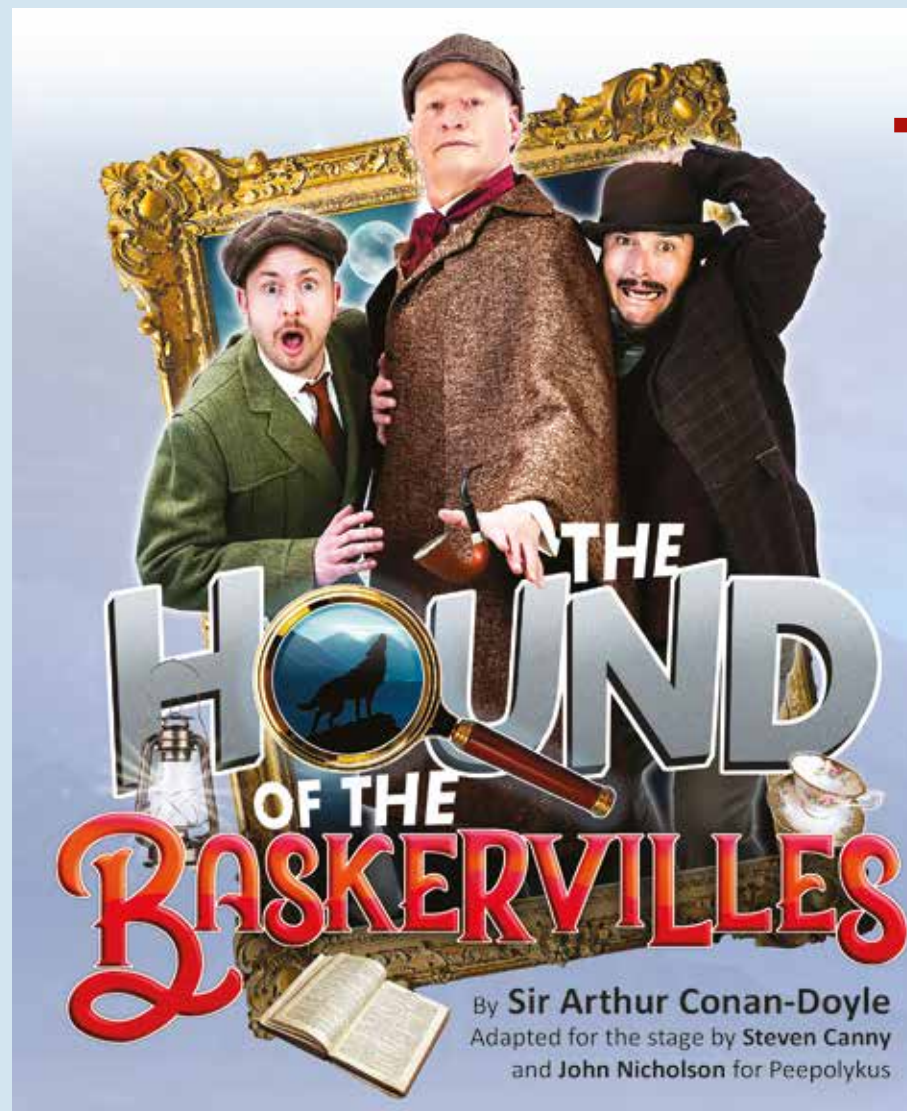
The cast will be working extra hard taking on multiple roles in this production which marks the 23rd year of *Eastbourne Theatres* producing shows.

Sir Charles Baskerville takes in the evening air as he strolls around the isolated manor house on the desolate moors, but something from the distance is approaching, and it's moving fast. Henry Baskerville,

Sir Charles nephew, has recently returned from Canada to discover he has inherited the family home – but has he also inherited the family curse? This is surely only a case the greatest detective, and his loyal companion Watson can solve. This adaptation of the classic tale by Steven Canny and John Nicholson manages to include all the gripping chills of the original story, but with a hilarious twist.

Unquestionably this madcap production will be the must-see show of the summer, its elementary!

Book best seats now for ***The Hound of the Baskervilles*** at the ***Devonshire Park Theatre, Eastbourne Friday 2nd – Saturday 31st August***. Tickets from £23, call the box office on **01323 412000** or online [eastbournetheatres.co.uk](http://eastbournetheatres.co.uk)



Eastbourne Theatres present

## THE MUST SEE SHOW THIS SUMMER – IT'S ELEMENTARY!

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Starring Andrew Pollard, Ben Roddy and Tom Richardson.

From the team behind *The Invisible Man* and *Around the World in 80 Days*.

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THEATRE**



# A single artist can dream

**A GROUP of artists can light fires in other peoples' hearts!**

By **Gail McKay**

**Salt Edge Arts was initiated by artist, printmaker and educator, Emma Taylor and has evolved into a group of 16 Sussex based professional artists, working in many different disciplines.**

## Shorelines

'Shorelines' is the group's fourth summer exhibition to take place at *South Hill Barn, Seaford*.

The barn is an old agricultural building, with a great atmosphere, and situated near Cuckmere Haven, overlooking the Seven Sisters. Its history includes use in the first world war as a training location for soldiers before they went into battle.

'Shorelines' will involve the usual eclectic, innovative and highly creative mix of work, which often responds to the local landscape.

Alinah Azadeh, poet/writer in residence for the *Seven Sisters*

*Country Park*, has contributed some of her words as inspiration for the artists. [www.alinahazadeh.com](http://www.alinahazadeh.com)

Alinah explained the core of her thinking which, in turn, will be interpreted throughout *Salt Edge Arts* exhibition.

"My intention is that our stories and poems act as a welcome, a creative spark and a marker of radical hope in these precarious times. Many of us have centred the most crucial voice of all; the voice of the land and its challenges to us to reciprocate the care, protection, spaces for rest and joy it has always given us."

## Community

Each year *Salt Edge Arts* aims to promote an element of community and inclusiveness through open calls to participate in the exhibition. This year the opportunities to get involved are: '*Message in a Bottle*' organised by *Salt Edge Arts*, and



Emma Taylor.

'*Hag Stones: Luck and Protection*', organised by guest artist Sarah Pain.

More details are on the website: [www.saltedgearts.com/exhibitions](http://www.saltedgearts.com/exhibitions)

## Local charities

*Salt Edge Arts* makes contributions to local charities from the summer

exhibition art sales; for 2024 the chosen charity is *The Youth Counselling Project*, which provides mental health support to children in ALL the Seaford Schools.

**South Hill Barn  
Seaford BN25 4JQ  
[www.saltedgearts.com](http://www.saltedgearts.com)**



Michele Findlay.



Valerie Alford.



Gabrielle Lord.



Rosie Good.



# A marvellous challenge

**CHILDREN** are being encouraged to express themselves through creativity and reading as they take on the annual *Summer Reading Challenge*.

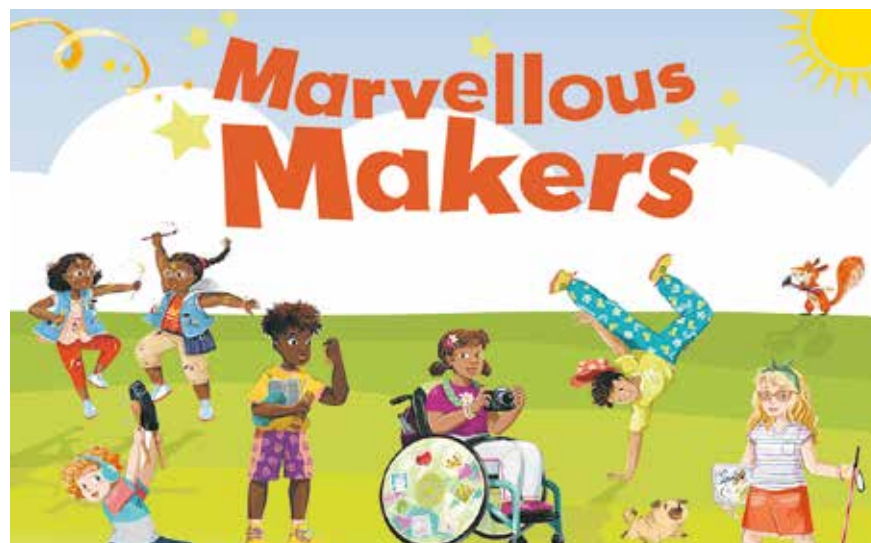
By **Peter Lindsey**

**East Sussex libraries are calling on children aged four to 11 to read six books over the summer months as part of *The Reading Agency's Marvellous Makers Summer Reading Challenge 2024*.**

The theme of this year's challenge has been developed in partnership

with leading arts charity Create and aims to fire up children's imaginations, unleashing storytelling and creativity through the power of reading.

Over the summer, children taking part in 'Marvellous Makers' will be able to discover new stories and join in with free activities at all East Sussex libraries as they explore their creativity – from junk modelling and music to dance, drawing and painting.



Six fictional Marvellous Maker characters, who make amazing things inspired by their favourite books, will be brought to life through activity sheets as young readers are encouraged to become Marvellous Makers themselves.

Youngsters taking part will receive special Marvellous Makers stickers and other rewards. After reading six books they will earn a certificate and a medal.

Children can read any library book of their choice including fiction, non-fiction, picture books or books they share with parents and carers.

eBooks, eAudiobooks and books on CD also count towards the challenge.

A Marvellous Makers Book Collection full of amazing stories about creativity and imagination is also available to encourage children to explore their creative side as they read.

*The Summer Reading Challenge* runs until Saturday, September 7th in all East Sussex libraries. For more information on the challenge, to sign up, and to book events visit [www.eastsussex.gov.uk/src](http://www.eastsussex.gov.uk/src)

SUMMER 2024

# OPEN-AIR MOVIE NIGHTS

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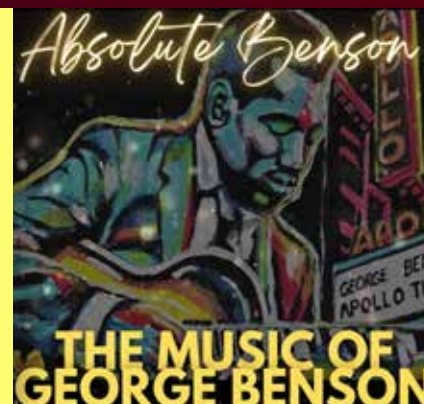
DS:UK Tribute to Dire Straits  
Saturday 10 August



The Variety Show with No Name  
Wednesday 14 August



Screaming Blue Murder  
Comedy Club  
Friday 16 August



Absolute Benson  
Saturday 17 August



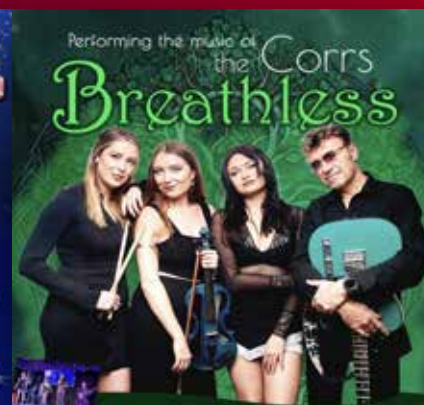
UK Queen  
Saturday 24 August



The Jersey Beats  
Thursday 29 August



Las Vegas Live with the Rat Pack  
Friday 30 August



Breathless - Music of The Corrs  
Saturday 31 August



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



# What's on

A SELECTION of the best of Eastbourne this month.

By **Gail McKay**

## Live Music

### The Crown

**22 Crown Street BN21 1PB**  
Sun 4th Aug – FERGUS – House, Soul, Funk & Disco DJ in the Garden 2:00–8:00pm – Outside bar and BBQ.

### Lamb Inn

**36 High Street, Old Town, Eastbourne BN21 1HH**  
**01323 720545**  
Fri 9th Aug – Pat Butchers.  
Fri 16th Aug – Jez Gold.  
Fri 23rd Aug – Unusual Suspects.

### Crown & Anchor

**15–16 Marine Parade BN21 3DX**  
Fri 2nd Aug – Kevin Jones.  
Sat 3rd Aug – Emma Cranham.  
Fri 9th Aug – Watson Brothers.  
Sat 10th Aug – Backbeat.  
Fri 16th Aug – Guy Sunshine.  
Sat 17th Aug – DJ.

Fri 23rd Aug – Kevin Jones.  
Sat 24th Aug – Will Taylor.  
Fri 30th Aug – Watson Brothers.  
Sat 31st Aug – TBC.

### The Bohemian

**10 Compton Street BN21 4BW**  
Sun 4th, 11th & 18th Aug.  
12:30pm–3:00pm.  
Live Piano with Joss Peach.  
Tue 6th Aug – Los Twangueros Trio  
Sun 11th Aug  
8:00pm–10:15pm.  
Olympic Games Paris 2024 – The Closing Ceremony.

## Quizzes

### Lamb Inn

**36 High Street, Old Town, Eastbourne BN21 1HH**  
1st Aug – 8:00pm.  
Max six people per team.  
£2 per person. Special Quiz menu.



EODS Open Air Shakespeare at The Italian gardens.

**The Crown & Anchor**  
**Weekly Charity Pub Quiz**  
**15-16 Marine Parade BN21 3DX**  
1st, 8th, 15th, 22nd, 29th Aug.

## Boot Fair

**Eastbourne Borough FC**  
**Langney Sports Club, Priory Lane, Eastbourne, East Sussex BN23 7QH**  
**01323 766265**  
[events@ebfc.co.uk](mailto:events@ebfc.co.uk)  
Every Tuesday weather permitting  
Cars & vans only – £5  
Sellers 5pm, Buyers 6pm.  
The Sports Bar & Spooner's open for refreshments.  
No Trucks or Lorries.

## Kids

### Pop up park

27th July – 8th Sept.  
Eastbourne's Victoria Place is being transformed into a park once again with live music, family fun...  
**With live entertainment most weekends.**

## Frozen Tea Party

**KiddiCity in the Langney Shopping Centre Eastbourne**  
Saturday 3rd Aug, 3:00pm–4:30pm.  
Join Ice Queen and her Snow Sister at KiddiCity for a Frozen themed tea party. £15 per child, £3 per adult.

## Reading Corner

**The Beachy Head Story, Beachy Head Road BN20 7YA**  
1st, 5th, 8th, 12th, 15th, 19th, 22nd 26th & 29th Aug.  
Free reading corner every Monday and Thursday in the Summer Holidays. 10:30am and 12:30pm for Story Time for 4–7 year olds with stories based around the Downland landscape.

## Make your own Iron Age Beads

7th Aug.  
Suitable for ages 5+ £2.50 per child.

## EODS Open Air Shakespeare

**Italian Gardens**  
24th Jul–3rd Aug.

# What if...? Roy pens new book on life

**MANY people know Eastbourne's Roy Payton as Roller Roy – in 2020 aged 83 he walked the distance of the London Marathon as a way of keeping active and raising money for charities.**

By **Peter Lindsey**

**He has inspired to fundraise after losing his daughter at just a year old.**

Now Roy has written a book about his life which, he says, is for the benefit of younger people to help them climb their own 'Mountain of Life.'

He held a book signing in *The Beacon* at the end of July, and proceeds from the sales go to *Dementia UK*.

Roy said: "This is a book of revelation.

"It tells the story of a young lad who after World War Two had nothing but a rusty old bicycle as his best friend and played songs with his spoons.

"Having won a scholarship to a public school, he realised what an opportunity had opened up in his life.

"Through sheer grit and determination, he survived and prospered.

"And that was, and is, me. In life I have certainly learned the value of

the saying – when the going gets tough, the tough get going."

And his message to everyone is – never, never, never quit!

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# Green and pleasant

**AUGUST is the time of bumper harvests in all parts of the garden. Lettuces, beans, potatoes and peas all waiting to be harvested and enjoyed. Flower colours tend toward hot yellows, oranges and purples. We are fast approaching autumn, so we must all take a little time to savour the delights of what remains of the summer. It is usually one of the hottest months of the year too, making watering essential across your plot. It is always good to try and use grey water wherever possible, especially as water butts may be running low. Maybe you are off on holiday and trying to enlist the help of friends and family to look after your garden while you are away.**

By **Geoff Stonebanks**

**The garden opening season is slowing down, my own garden has now closed for 2024 having seen over 500 visitors across June and July, raising lots of money for charity. There have been many lovely comments, you can see my beach garden pictured in the header. There are far fewer gardens open for the *National Garden Scheme* too this month with some local gardens listed.**

## Fuchsias

Some of my favourite plants in the garden are fuchsias. I have quite a large collection. Two of them

are quite special though. One is a standard Geneii that belonged to my Aunt who passed away in 2004. The other, also a standard, called Empress of Prussia that my father bought for my mother for their ruby wedding anniversary many moons ago. Dad passed away in 2007. Both of them are very precious plants. It helps to improve flowering generally with fuchsias, if you remove the seed pods that develop behind the spent flowers. These small green bumps can develop into striking reddish-black berries, which are actually edible, but not very tasty. Allowing the plants to go to seed can weaken them and reduce their flowering cycle, so it is best to remove seed pods, which should mean it will keep blooming into the Autumn.

## National Garden Scheme

*Butlers Farmhouse* in Butlers Lane, Herstmonceux, opens on both Saturday 24th & Sunday 25th August from 2pm to 5pm with entry £7. There will be live jazz to listen to in garden, so why not take along a chair or rug to sit and enjoy after wandering around the garden. It is all in a lovely rural setting surrounding a 16th century farmhouse, providing lovely views of the South Downs. The plot is interesting and fun, a quirky garden with lots of surprises around every corner including a rainbow border, small pond, Cornish inspired beach corners, a poison garden and secret jungle garden.

Over in Battle, you could visit *Kitchenham Farm* in Kitchenham Road in Ashburnham on both the 6th and 10th from 2pm to 5pm with entry £6. It is a 1-acre country house garden set amongst traditional farm buildings with stunning views over the Sussex countryside. See a series of borders around the house and oast house with lawns and mixed herbaceous borders including roses and delphiniums. A ha-ha separates the garden from the fields and sheep. Full details on both gardens can be found at [www.ngs.org.uk](http://www.ngs.org.uk)

## Houseplants

If, like me, you have many plants in the house as well as the garden then don't forget to keep an eye on them too. High temperatures can make indoor plants wilt and they may need moving to a cooler spot in the house. Don't overwater them, just check the compost and if it is dry apply a little water. Over time plants leaves can attract dust, so just wipe

them down with a cloth and a bit of water, don't use polish or oils as this will block their pores. While wiping the leaves, it gives you a great opportunity to check the underside for insects and damage that can be removed. If I'm honest, while I might remember to feed the plants in the garden religiously, I'm not so hot on remembering to do the same with the house plants. They still need nourishment like their outdoor partners, so do remember to feed them, I tend to use the same feed I use in the garden.

## Looking ahead

If you have camellias and rhododendrons in your garden, it is really important at this time of the year to keep them well watered. I have five large containers of camellias that always make a great show in the early part of the year. It is now that the new buds for all next years' flowers are starting to develop and form, so a lack of water at this stage will ensure you don't see any blooms next spring. It is so easy to forget them when concentrating on shrubs and flowers that are blooming now.

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.



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