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October 2024

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Pages 27-34



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**Our next edition will be
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Out and about meeting people who make a difference

IT'S always a pleasure to go out and about interviewing local people for *Bournefree* – and this month has been no exception.

By **Peter Lindsey**

It was great to meet Mel, who has opened *Little Chelsea Health* story with her sister. The shop has been completely refitted and it's well worth a visit.

Mel has a wealth of knowledge when it comes to health foods and materials and the first few weeks since opening have been very busy.

Chris Mannion – what a legend this man is, and I met him for Afternoon Tea on Eastbourne Pier. It's a Pier he simply loves, having spent many an afternoon and evening entertaining the crowds to his musical shows.

2024 marks 50 years since Chris first entertained in Eastbourne. He is still known to many in town, including those who enjoyed his Tea Parties in the *Winter Garden*.

Talking of Eastbourne Pier, it was just fantastic to see the historic *PS Waverley*, the last seagoing paddle steamer, depart from Eastbourne for the first time since 2002.

So many of us – locals, steam enthusiasts, and community figures – gathered at the end of Eastbourne Pier to witness this rare event or embark on the voyage to *Beachy Head* and *Seven Sisters*.

Well done Mr G for making this possible as the pier owner.

Staying with Mr G, and he has shared the anguish of mine at the council decision to close all the public toilets, except the one at the Bandstand.

It can't be the right thing to do, and thousands of you have joined in

the *Bournefree* debates on our social media.

Mr G's message to *EBC* is – come and talk to me, I have a solution.

Will they?

Let's hope so.

Christmas isn't far off, and we have been spotlighting some of the local restaurants this month.

One that stood out was going to *Pebbles Kitchen and Wine Bar* outside the entrance to the *Enterprise Centre*.

Mike and Kirsty have created an excellent seafood restaurant, again well worth a visit.

Here at *Bournefree*, we are planning our own Christmas features. If you are a business with a story to tell, then get in touch with our team asap.

Here's to a great October for everyone!

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Why change doesn't have to be the complete unknown

OUR climate is changing, seas are getting higher and storms potentially larger and more frequent. *The Pevensey Bay to Eastbourne Coastal Management Scheme* is preparing to provide a resilient future.

By **Andrew Walker**

The dilemma

In only 15 years' time the sea is forecast to be 10cm higher. By the end of the century, it will be closer to 1m higher.

This means that providing communities protection from the sea will continue to get more challenging over time. Our detailed investigation highlights that more than 18,000 homes and businesses would be at risk from the sea if action is not taken.

Plan of action

The shingle beaches of Eastbourne currently provide a robust level of defence against the forces of the sea. The evidence we have gathered shows that shingle beaches will continue to keep communities resilient until at least the late 2030's. We will continue working hard on the beach, moving and importing shingle,

repairing and improving timber groynes to keep you safe.

Moving further into the future it is foreseeable that shingle beaches may not provide the level of resilience that communities require, and other approaches are likely to be needed. This is why we have begun work on a long-term plan, to take us to the end of the century and beyond with confidence.

This long-term plan will prepare for worst case scenarios in terms of climate change and sea level rise, allowing us to adapt to future challenges.

Time for change

It's natural to feel apprehensive about doing things differently. But change doesn't have to be the complete unknown. With a proactive, science-based approach we can all understand risks and their implications better.

The Victorians made bold changes to their seafront at the time and left

a legacy for us to enjoy. We have a similar opportunity to be brave and make decisions for a resilient coastal future.

At the time, the Victorian reinvention of the seafront was a major change for Eastbourne. This left a long-term legacy for the town and its people, which would serve generations to come. It is foreseeable that the changing climate, and the choices that we need to embrace, will mark just such a meaningful change. Adapting to change takes time and it's important that we start to consider the local choices we are going to have to face as the climate continues to evolve.

A resilient future

No one person, company or team can deliver change on the scale needed on their own. To succeed in the face of the climate emergency we must come together. Understanding our differences and listening to each other will be key to rising to this challenge.

Please visit our website – pevenseyandeastbourne.co.uk to find out more.



Lightning Fibre donates laptops to children's charity



LIGHTNING Fibre already donates free hyper fast full fibre broadband to the Willingdon offices of local children's charity, the *Children with Cancer Fund*.

By **Peter Lindsey**

When founder Chris Downton mentioned that the charity was struggling with old, sluggish computers, **Lightning Fibre** stepped in and donated five laptops.

Chris collected the laptops from **Lightning Fibre's** new retail outlet, at the *Enterprise Shopping Centre*.

Lightning support

He said: "Success is measured in many ways but for us at *Children With Cancer Fund* success comes in many forms.

"One form is support from others.

"Our old computers have had a big brother hand thanks to **Lightning Fibre** who supplied us with up-to-date laptops so we can carry on doing what we love doing — making the cancer children in East Sussex, Brighton and Hove smile."

CWCF grant practical, medical or fun wishes to children up to the age of eighteen, and their families, who have, or have had, cancer.

Hailsham Community Run

The *Hailsham Community Run* will take place on Sunday 18th May 2025. This time around, **Lightning Fibre** are sponsoring the *Beehive Tent*, where DJ Neil Povey hosts the event and from where finishers receive their medals.

The *Hailsham Community Run* includes four races — 10k, 5k 3k and 1 Mile races. This series of races are perfect for the experienced runner to those looking to begin their running journey.

Local Full Fibre Broadband in Eastbourne!



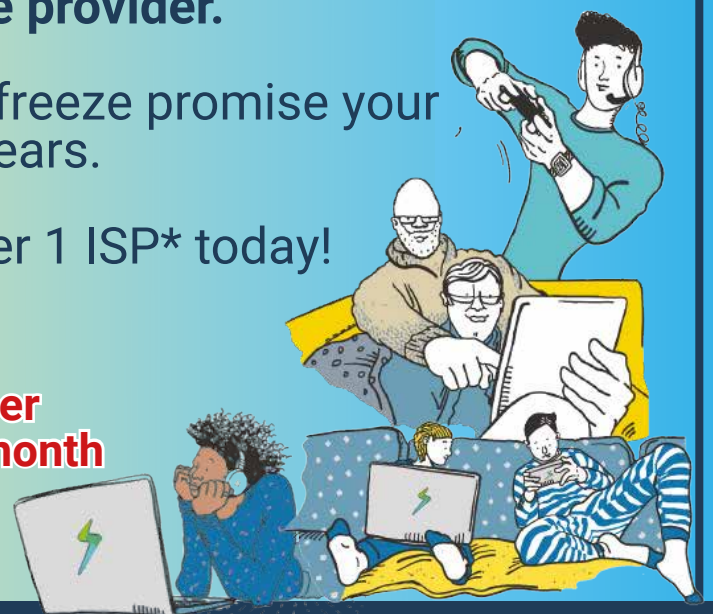
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Success for John McCutchan and Bates Green Garden at Arlington

CAROLYN McCutchan designed and created the amazing *Bates Green Garden* at Arlington over a period of many years from 1968.

By **Peter Lindsey**

The tranquil 1.5 acre-garden with its six-acre meadow, surrounds the farmhouse on the site which houses the annual *Arlington Bluebell Walk and Farm Trail*, enjoyed by thousands of visitors each year.

Carolyn became unwell in 2012 and many parts of the garden then became wild and neglected. Carolyn sadly died in 2019.

Her former student, Emma Reece, formed a team to revitalise the Garden, and now owner John McCutchan has received an award from the *National Garden Scheme (NGS)* to mark 30 years of *Bates Green Garden* being a member of the prestigious organisation.

John received the award from Irene Etringham Wilson and Isabella Cass from the *NGS*.

John was proud to accept the award on behalf of his late wife.

He told the gathering at the presentation: "We have always believed that you garden to share it with others, and this is what Carolyn always told people."

"After she became ill, the garden went downhill and indeed it would have been a forgotten garden without Emma Reece, who now leads our wonderful team here at *Bates Green*. Thank you Emma so very, very much."

Emma paid tribute to Carolyn, saying: "It was Carolyn who designed and planted this garden, and it was her idea to apply to join the *NGS* scheme."

"Back in those days, she used to look after the garden on her own, and that is no mean feat for a garden of this size."

"Now, we are lucky to have a fabulous team making it look really good."

Irene from the *National Gardens Scheme* said: "This is very much Carolyn's project. She knew plants, she had wonderful design ideas, and she was a true inspiration to others."

Keeping it open in her memory is such a nice thing to have done."

Bates Green Garden is open every Wednesday from 10am–4pm until 23rd October 2024.

www.batesgreengarden.co.uk

The NGS

The *National Garden Scheme* gives visitors unique access to more than 3,500 exceptional private gardens. To be accepted as part of it, you must adhere to the highest horticultural standards.



The wonderful Bates Green garden team.



John receiving the NGS award.

All set for one of biggest off-road marathons in the UK

THE Beachy Head Marathon is taking place on Sunday October 27th.

By **Peter Lindsey**

Formerly known as the Seven Sisters Marathon, it is popular for its scenic and challenging route through the South Downs National Park countryside.

It's great for runners, joggers or walkers looking to get fit.

The 10k run will set off with a route comprising of breathtaking views and challenges, taking a shorter looping route across the Downs to Belle Tout Lighthouse and back.

The Beachy Head Ultra incorporates the full Beachy Head Marathon



course, followed by the Beachy Head 10k course.

The Marathon, Ultra and 10k distances take place on Saturday 26th October 2024.

The Beachy Head Half takes place on Sunday 27 October 2024.

The route will encompass much of the marathon route, however will detour into new surroundings which still have that amazing, picturesque scenery.

Event time Limits: Ultra (9 hrs), Marathon (9 hrs), Half (4 hrs), 10k (2hrs).

More than 150 volunteers help ensure the event runs smoothly. They give up their time to marshal the various courses across the Beachy Head marathon weekend.

For more event information visit: www.beachyheadmarathon.com



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24th annual broadcast of youth radio

EASTBOURNE Youth Radio (EYR) returns for their 24th annual broadcast from 13th–15th November 2024 on 87.7FM and online at www.eyr.org.uk

By **Tim Sorensen**

Organised by Eastbourne Education Business Partnership and broadcast from studios at East Sussex College in Eastbourne, EYR will see students from local schools, aged from 5-19, present their radio shows covering a wide range of topics. There will be a special focus on Anti-Bullying Week and issues around mental health and wellbeing.

Considerable support

This annual broadcast is only made possible by the considerable support and involvement of many local businesses and other organisations. Alison Brewer, Director of **Brewers Decorator Centres** and lead sponsor again for 2024 says, "We are

delighted to once again support the *Eastbourne Youth Radio*, a very worthwhile project in our heartland of Eastbourne. We've seen first-hand the wonderful opportunities the project offers the students; developing organisational, technical and creative skills and giving the opportunity to delve deeper in topics that directly affect them and their future. We're very excited to get involved and hear what the young people of Eastbourne have to say!"

Eastbourne & Lewes District Community Safety Partnership are back with *Sussex Police* discussing issues around knife crimes. *Southern Water* will be talking about 'unflushables' whilst *Edwards Vacuum* will be looking



87.7FM

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at engineering. *Eastbourne & District Samaritans* will be providing wellbeing support and *Eastbourne Chalk* will be reflecting on the recent *Digi-Fest*. Many more contributions including *Up Country Stone Cross*, *PRG*, *The Observatory Science Centre* and *St Wilfrid's Hospice*.

Enabling young people

EYR is about enabling young people to research, produce, present

and perform their own material in association with community partners. From this they will learn and develop a wide range of employability and personal skills.

Further details and the programme schedule will be included in the November issue of *Bournefree*.

We hope that you enjoy listening to their work over the three days.





Unearthing Treasures

THE *Martin Kaye Watches and Jewellery Buying Roadshow* arrives in Eastbourne.

Dust off your jewellery boxes, Eastbourne residents! The esteemed *Martin Kaye Watches and Jewellery Buying Roadshow* is rolling into town this October, offering a unique opportunity to discover hidden value within those forgotten trinkets and timepieces. For over 60 years, *Martin Kaye Roadshow* has built a legacy of trust and expertise, providing discerning clients with accurate valuations and competitive prices for a diverse array of precious items as well as advertising on TV, Radio and National Press.

Perhaps you have a cherished family heirloom passed down through generations, nestled amongst costume jewellery. Maybe a forgotten watch, tucked away in a drawer, whispers stories of a bygone era. Whatever the reason, *The Martin Kaye Roadshow* presents a chance to unlock the potential financial worth of these beloved possessions and transform them into something new.

Their experienced team of appraisers are more than just

By **Barrie Crowhurst**

evaluators; they are passionate connoisseurs with a keen eye for detail. They understand the sentimental value attached to these objects, yet also possess the expertise to recognize intrinsic worth. Whether it's a dazzling diamond engagement ring passed down from your grandmother, or a vintage *Rolex* watch whispering tales of adventure, the roadshow welcomes all kinds of treasures.

There's no need to worry about the condition of your items. *Martin Kaye* is interested in everything from the meticulously maintained to the well-loved and slightly

worn and even broken. Their commitment extends beyond just valuations; they prioritize a discreet and professional experience, ensuring you feel comfortable and respected throughout the process.

This isn't just about selling your old belongings; it's about uncovering their hidden potential. You might be surprised to discover that the dusty brooch gathering cobwebs in your drawer is actually a valuable antique, or the seemingly ordinary watch inherited from your father is a sought-after collector's item. *The Martin Kaye Roadshow* provides a chance to rewrite the narrative

of these cherished pieces, giving them a new lease on life and potentially bringing joy to a new owner, all while putting some extra cash in your pocket.

The Martin Kaye Watches and Jewellery Buying Roadshow is more than just a place to sell your unwanted possessions. It's a treasure trove of knowledge, a historical journey, and a potential source of significant financial gain.

The Art of valuation

At the heart of the roadshow is the art of valuation. The *Martin Kaye* team possesses a deep understanding of the factors that influence the value of jewellery and watches. These include:

- **Rarity:** Limited edition pieces, unique designs, or stones of exceptional quality can significantly increase value.
- **Condition:** The overall state of the item, including any damage or wear, will affect its value, watches even if broken can be worth even more than if they have been restored.



“

Your Rolex, Cartier, Omega, and other fine makes, Army Watches, jewellery, diamonds and gold could be worth a lot more than you think!



“

We recently paid £5,500 for a similar non-working 1970's Rolex Submariner.

- **Brands:** The following are of particular interest to them: *Cartier, Tiffany, Van Greef and Boucheron* also of particular interest is 1960's and 1970's jewellery.

The appraisers at Martin Kaye are experts in identifying these factors and providing accurate valuations based on current market trends.

A potential windfall

While the roadshow is primarily about valuation, it also presents a chance to turn your treasures into cash. If you're looking to sell your items, Martin Kaye offers competitive prices and a hassle-free process.



Why sell to the MK Roadshow

In the current economic climate more people are deciding family heirlooms and possessions which are languishing in Safety Deposit Boxes, Banks or even in their own homes can be turned into valuable cash.

So don't let these treasures continue to languish in your draws or cupboards. Embrace the opportunity to unlock their potential value and create space for new beginnings.

To learn more about *The Martin Kaye Buying Roadshow* in Eastbourne, please visit:

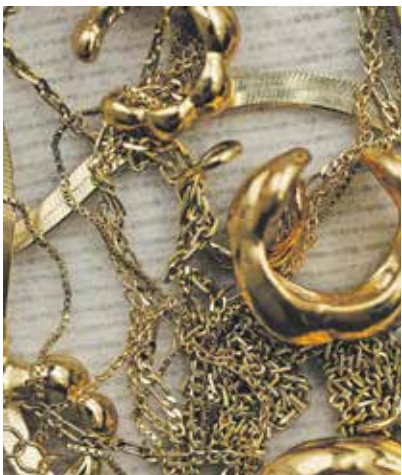
www.mkwatchesandjewellery.com or call **07885 893190** or **07966 253726**.

The Roadshow will be at the *The View Hotel, Grand Parade, Eastbourne BN21 4DN* on the 20th and 21st of October from 10:00am to 5:30pm.

(Waiting times are usually no longer than 15mins and parking fees are refundable).

If you can't visit the Roadshow, arrangements can be made to visit you, just call either of the numbers above.

This is your chance to turn forgotten treasures into something truly valuable.



“

MK recently paid £1,200 to an amazed senior citizen for just a handful of broken gold.

The challenges facing the Matthew 25 Mission in Eastbourne

FOR over three decades, the *Matthew 25 Mission* has been a steadfast pillar of support for the vulnerable and marginalized residents of Eastbourne.

By **Gail McKay**

Originally founded in 1992 as the Oasis Christian Outreach Trust, the charity has grown into a vital lifeline for those facing suicide, bereavement, mental health difficulties, relationship breakdowns, poverty, loneliness, hunger, rough sleeping, domestic abuse, homelessness and substance misuse.

They had 15,232 Guest visits in 2019, rising to 32,828 in 2023, an increase of 250%.

Meals served rose 220% to 44,357 in 2023, and running costs are at an all-time high at £220,000 per year.

Inclusivity and compassion

Rooted in Christian principles, the Mission's ethos is one of inclusivity and compassion.

Their Tardis-like premises, *Brodie Hall*, offers a welcoming space for all, regardless of faith or background. The only requirement is a mutual respect for others. This open-door policy is a testament to the Mission's commitment to providing a safe haven for those often overlooked by society.

Increase in demand

The *Matthew 25 Mission* delivers its services through two primary programmes: Social Welfare and the "Moving On" project. These initiatives provide essential support, including meals, clothing, advice, and guidance, to help individuals overcome their challenges and rebuild their lives. With a small staff of seven and a dedicated team of volunteers, the Mission has seen a significant increase in demand for its services in recent years.

Launching an appeal

Despite the rising costs and growing number of people in need, the *Matthew 25 Mission* remains committed to its mission. However, the charity is facing a funding crisis and urgently requires support from the local community. To ensure its continued operation, the Mission is launching an appeal to residents of Eastbourne, asking for monthly donations of whatever people can afford. 1,500 donations of £10, if gift aided, would secure the future of the Mission.

By contributing to the *Matthew 25 Mission*, individuals can make



a tangible difference in the lives of those who are struggling. The charity's work is essential in providing a lifeline to vulnerable individuals and ensuring that everyone has access to basic necessities and support in a world where compassion and empathy are often lacking. The *Matthew 25 Mission* stands as a beacon of hope, demonstrating the power of community and the importance of helping those in need.

Lucinda Fraser, the current High Sheriff of East Sussex, has already visited the *Matthew 25 Mission* and is supportive of the work it does.

How to donate

If you are able to help the *Matthew 25 Mission* support those in need, please visit: www.matthew25mission.org/support-us

If you would like to make a donation or set up a standing order the account details are:

The Matthew 25 Mission

Sort Code: **30-92-86**

Account No: **56945268**

“

For I was hungry and you gave me food,
I was thirsty and you gave me drink,
I was a stranger and you welcomed me,
I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.

Matthew 25: 35-37

Leon's musical tribute to his dear father



LEON Baker, 51, from Willingdon has been a singer and songwriter from an early age.

By **Peter Lindsey**

Eighteen years ago, his father Keith died, and now Leon has released a new single called 'Loving Family Man' paying his tribute to his dad.

Leon said: "I remember my dad as a loving family man and I suppose this is my way of expressing my feelings about dad's death, even if it's many years after.

"Dad died at 54 after battling mental health for fifteen years, but it was cancer that killed him. We were lucky to have had a good two years before he passed away.

"He came with me as my drum tech with the band I was in at the time called 'Life On Sky' while we supported *Toploader*.

A real character

"Dad was a real character loved by many and it was great to see him happy before he died.

"The single is my way of bringing out those feelings about grief and death and the battle that dad had.

"My grandad, dad's dad, who features on another version of this song, also battled with mental health issues and sadly took his life, and so it is a fear that maybe it would be passed down to me.

"During the past four years, I have been battling health issues that started with a brain infection and has left me with epilepsy.

"For a year I lost my ability to drum due to my left side not co-ordinating properly. During these times, I have had to really dig deep so not to

fall into a dark spiral and my family, friends and music have been what has pulled me through.

"Thankfully now, I am on the road to recovery. Hence, the message from the song is — don't give up and always be hopeful."

On streaming platforms

Leon wrote and recorded the song in his home studio, nicknamed The Wardrobe, playing all the instruments himself and then distributed it to *Spotify*, *Apple Music* and *YouTube*, where you can listen to the powerful song.

The single is called 'Loving Family Man' by *Keith's Sun*, (featuring *The Night Fly 104*).

The Night Fly 104 is Leon's Uncle and one of Keith's best friends. His Uncle took the photo which then became the cover to the single, featuring Keith and his son, Leon. (*Keith's Sun*) The sun, meaning hope. His uncle wrote and recorded the spoken words at the end of the track.

"Clearly, it's the most personal song that I have ever recorded. It took me about two weeks in total to write and record the track and a year to have the courage to release it.

Finding the courage

"Next, I would really like to do my first solo gig, on guitar and vocals. I need to find the courage to be up front, but it would be fantastic."

By day, Leon is a gardener but he's been playing in bands since he was 15. He started when at school as part of the *Ratton Players* and performed at the *Royal Hippodrome Theatre* in Eastbourne as well as working as a session drummer and also drumming for the *BBC*, at *Glastonbury* and the *Secret Garden Festival* for *Drugstore*.

"I dream most of my songs, which I know sounds very strange and I am looking forward to completing my debut album as *Keith's Sun*.

"I've had some really good times. I was a film extra on *Star Wars* — it lasted three weeks and was the best experience of my life. I worked on *Captain America*, *War Horse*, *Ready Player One*, and I was a villain for a *BBC* TV show called *Cuffs* amongst many other film and TV projects."

"Luckily, my health is on the mend and my epilepsy seems to be under control and soon I hope to be driving

again and then I'm back in the game. I love doing session work and film work and my plan is to do more of it."



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Spooktober

IT'S getting very spooky at *Sharnfold Farm* this October.

By **Peter Lindsey**

For this half-term, between October 26th and November 3rd, you can enjoy a frightfully fun family day out to mark the Halloween season.

It's a chance to enjoy the Farm Trail, held find the missing scarecrows, and then then navigate through the spooktacular Halloween-themed Maize Maze!

There is also the chance to get crafty in the Sussex Barn and carve your very own spooky pumpkin to take away with you – perfect for parents wanting a stress and mess free pumpkin carving experience.

Donna Bull from *The Family Parks Group*, which owns *Sharnfold*, said: "Come and enjoy our half-term offering this October. It's fun, spooky and I'm sure the youngsters will have a great time."

Prices start from just £6.45 per person when you pre-book. Take on our farm trail and help us find the missing scarecrows, then navigate through our spooktacular Halloween-themed Maize Maze!

It's an extra additional £5.20 per carver if you want to take part in the Sussex Barn activity. Book here <https://bit.ly/3ZcS7fZ>

Pre-booking closes at midnight the day before. Booking fees apply when booking online. Under 2s go free. Access to the farm trail is included in peak memberships, but pumpkin carving is an additional cost to all customers.



50 years entertaining in Eastbourne

ENTERTAINER Chris Mannion has enjoyed a wonderful career – and this is the 50th year he's been playing in Eastbourne.

By **Peter Lindsey**

He has been a recognised figure in the town for many, many years.

"Everyone used to know me when I walked through the town. That's not the case nowadays so much as generations move on and times have changed," reflects Chris.

His career was dominated by two main venues – *The Channel Bar* up the stairs at the end of the *Eastbourne Pier* and the *Winter Gardens*.

Chris came to Eastbourne in 1974 after three very happy years at the ill-fated *Summerland* on the Isle of Man. It burned down in August 1973, killing 50 people.

It was operated by *Trust Houses Forte* – the same company that took over *Eastbourne Pier*.

Norman Meadow was the Pier manger at the time and it was his idea to bring Chris to entertain in Eastbourne.

Chris said: "It was my brief to create a Northern club atmosphere at the Pier to make our Northern visitors feel at home.

"It was an instant success and was to last for 23 consecutive seasons – lunchtime and evening, seven days a week.

"The format was dancing and volunteer singers, it was pre-karaoke. Everyone had a party piece and knew the words and their keys.

"There were coach parties from the London boroughs. They were very lively and it was great fun.

Many famous names visited Chris on the pier – none more memorable than the great Danny La Rue.

Chris said: "I can remember Danny and his friends spending a whole Sunday session in the *Channel Bar*. As Danny was leaving the Pier, the town tour bus was just pulling away. Suddenly the bus came to a standstill and every head looked out and every finger pointed at Danny. Now that really IS fame.

"The late Malcolm Cornford was my agent when the Pier days transpired. He had played the *Winter Garden Tea Dances* himself and offered them to me.

"This was to be another long engagement from 1996 until it closed for the refurbishment. Then there was Covid and the dances never restarted."

In addition to the *Winter Gardens*, Chris was very busy in the Hotels, entertaining thousands of guests. He also put on shows at our *Hippodrome Theatre*.

Away from the town, Chris has travelled the world playing on Fred Olsen cruises, *Chipperfield's Circus* with exotic animals in muddy fields, and *Belle Vue Circus* in Manchester.

He also toured Germany entertaining the troops.

Chris was thrilled to seeing the Paddle Steamer *Waverley* return to the pier in September.

He said: "It is many years since the pier has been able to accept any passenger boats but due to the investment made by Mr Gulzar the pier can now return to its prime purpose.

"I appreciate the love that Mr Gulzar has shown for our pier. It's a very tough job battling the elements to keep it up and it looks really great – a gold medal to him."

Chris still does occasional performances – to contact Chris, email chris47502002@yahoo.co.uk

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FULL Probate and House Clearance Service in Operation

Keep Me Breathing charity book

EASTBOURNE family support the launch of new children's storybook 'Dreaming of Breathing' featuring children who can't breathe when they sleep.

By **Gail McKay**

Tiger-Lily Sykes, aged six from Eastbourne shares the same rare breathing condition as Casper and Beau. They are the two adorable characters in a brand new book recently released by local Sussex Charity, *Keep Me Breathing*.

CCHS awareness

The condition is called *Congenital Central Hypoventilation Syndrome* or CCHS and the book launched on 28th September, to mark CCHS Awareness Day. It's a magical tale about Casper and Beau who were born with the same breathing condition. However,

they hatch a plan to meet in their dreams and embark on all kinds of adventures together, diving for treasure and even taking a ride on a whale!

Families will enjoy reading it

Vicky Sykes, Tiger-Lily's Mum said. "Tiger-Lily loves the book and I know many other children and families will also enjoy reading it. We are working to promote it as widely as possible to generate funds for *Keep Me Breathing* and educate more people about CCHS so it can be more readily diagnosed."



The much loved author Jacqueline Wilson, DBE reviewed the book and said, "...a touching, inventively told story of two endearing little boys who can't breathe when they sleep. It's beautifully produced with delightful illustrations, suitable for the smallest child and enlightening for the adult reader too."

To purchase the book, please visit: www.keepmebreathing.com/shop

RECEPTION OPEN EVENING & OPEN MORNING



Thursday 7th November 2024 | 6pm - 8pm

Friday 8th November 2024 | 9.15am - 11.15am

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The only way is Sussex

GALLERY@42 is celebrating the wonder history and landscape of our beautiful County of Sussex as demonstrated in the diverse and glorious artwork, cards, prints and calendars of nine highly talented artists.

By **Gail McKay**

Lindy Dunbar

"I paint and draw directly from life celebrating the individuality, dynamism, curves and shapes in the moving and motionless human form."

Kathy Russell

A pointillist artist specialising in miniature paintings. She is inspired by flowers, trees and landscapes.

Alan Taylor

Immerses himself in the subject, be it cars, spitfires or landscape. "It's as important to me as is the process of creating the artwork."

Richard K Potter

"I enjoy working with acrylics and watercolours, trying to capture colour, light and the seasons."

Sue Smith

"I love to paint buildings and architecture as well as natural landscapes, animal and botanical subjects."

Jackie Hulford

A Sussex and Argyll based artist Inspired by the natural world and the love of painting.

Robert Stevens

A regular illustrator of coastal settings with playful social groupings.

Pennie Cunliffe-Lister

Pennie loves trees and waterways, and takes a bold approach to her subjects, combining a rich palette with diverse textures.

Firouzeh Le Magueresse

Finely detailed still life paintings using oils in a watercolour style for a translucent quality.

The Only Way is Sussex runs through to from **17th October to 31st December 2024.**

Private Viewing: 17th October 6–9pm.
Opening hours: Thursday 12–8pm.
Friday to Sunday 12–6pm.

Upon presentation of a copy of October's *Bournefree*, *Gallery@42* is giving a 10% discount on Cards and Prints until 31st October 2024.

**42 South Street
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www.galleryat42.co.uk**

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Arts Question Time with Alan Spence

SUNDAY October 13th, 2pm – 4pm, in aid of the Printers Playhouse Fund.

By **Peter Lindsey**

art, performance, creativity and community."

"Really inspiring. More please!"

"It was excellent – thanks to the presenters".

"Looking forward to another session."

"Excellent discussion, all arranged perfectly by Alan".

The second of an occasional series that brings together some of Eastbourne's top creative talents to answer your questions on aspects of their journey, their craft, career and the arts industry itself.

Lined up are a Singer – Songwriter /Musician and Bandleader, a Playwright, Director, Producer and Drama Teacher with their own Drama Academy and a Journalist, Travel Writer, Singer – Songwriter, Comedian and Novelist.

pph.onlineticketseller.co.uk/events/86817

Printers Playhouse
49a Grove Road
Eastbourne BN21 4TX

So plenty to talk about and we may even have time for some local and national questions.

What they said about the first session in June ...with Yanaelle, Lucy and Rohan

"It was lovely the way the three panellists opened up about their experiences and feelings about



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To find out more about us visit:
cuckmerebuses.org.uk

Howard retires – ‘We’ve made a real difference’

WE don’t really want to be here. But while we are, we are making a massive difference, and we are doing our very best to help local people.

By **Peter Lindsey**



Howard Wardle MBE.

The words of Howard Wardle, 69, the man who founded and built Eastbourne Foodbank 13 years ago from a Portakabin with just £30 in the bank.

He retires as Chief Executive Officer having been awarded the MBE in June 2021 for his services to the community.

Howard says he has seen massive change since 2011 ‘in what we have been able to do and what has been achieved but sadly demand still remains high.’

He said: “When I set this all up, I honestly did not think that the demand would be there, but it has grown and grown. We now have 16 staff and 135 volunteers with an annual turnover of £1.3 million.

Biggest Foodbanks

“We are one of the biggest Foodbanks in the country, and last year alone we fulfilled 28,500 requests for food. That’s not 28,500 people, some will have come back more than once.

“But we do not just give food to people. They must want to receive help, and we encourage active cooperation to ensure they receive the support and assistance they need.

“We do not want to create dependency. We have a number of people in a really bad situation but if they work with us we can usually find a positive solution to help them move forward.

Unfortunately there are still nearly 5,000 children in Eastbourne living in poverty. In one of the richest countries in the world that can’t be right or acceptable.”

More than providing food

Eastbourne Foodbank does far more than provide much-needed food. It offers debt advice, welfare benefits help and has a Baby Basics project providing essential baby equipment.

Howard estimates that in the past 12 months his team has helped individuals claim in total more than £1 million in benefits they otherwise would not have done. That money is then spent in the local economy.

He said: “I am proud to say that we are also a campaigning *Facebook*, and that is really important. We ask questions of central and local government, and we worked with Josh, now our local MP, on a project around the cost of living crisis. A recent campaign was supporting people to vote in the General Election by assisting them to obtain a voter ID. Although we do this work as a charity we are strictly non-political.

Help with housing issues

“Private rents in Eastbourne remain crazily high for anyone on a low income and this creates lots of problems. We work very closely with Eastbourne Borough and other specialist agencies to help people resolve housing issues.

“We’ve got to get to a stage where people on low incomes are financially lifted out of poverty through government policy. When this happens foodbanks will no longer be required. That’s the only way things will really change.

“We’ve made a real difference over the past years, and the team will continue to make a difference long after I’ve gone. Foodbank will continue to impact people’s lives but I wish that we never had to do any of this. Do I regret what we’ve done and achieved? Not for a single moment – how can you regret making a positive difference?

Excellent reputation

“We have pushed many boundaries and achieved a huge amount and through it all I am proud to say *Eastbourne Foodbank* still has an excellent reputation. I always encourage the team to approach issues as if we are a client of the Foodbank and how we would feel from the decision made.

“We want to help people move on, to be free of foodbank support and to live a positive healthy life. Having said that, and it might sound strange, we would be very pleased if we weren’t needed.”

The four key values that *Eastbourne Foodbank* live by are **dignity, justice, compassion** and **community**. These values guide ‘all we do and how we do it.’

So that services are accessible, there are daily Satellites across the town where help is offered in the community.

Monday: St Richard’s Advice Café.

Tuesday: All Souls and St Elizabeth’s.

Wednesday: Gateway at Hampden Park.

Thursday: Langney Community Centre.

Friday: St Saviours.

As he hands over the role of CEO to Jess Holliday, Howard won’t be retiring completely – he will be working two days a week on a foodbank project across the whole of East Sussex.



Jess Holliday.

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Read all about it

YOU'RE eager to read more books, keen to expand your mind, intent on informing your academic sensibilities, and hell-bent when it comes to harnessing knowledge; yet you just can't find the time to put all those burgeoning bookworm intentions into practice.

By **Gail McKay**

Why not try these techniques en route to reading a new book each fortnight...

Twenty perfect pages

One effective strategy is to begin each day by reading 20 pages – a manageable amount and not intimidating. Most people can finish 20 pages in about 30 minutes.

By doing this first thing in the morning, you ensure the day's urgencies don't interfere with your reading.

If you find that to be too much, start with a smaller goal. Begin with reading five pages a day and maintain this for a month. Often, you'll find yourself reading more anyway as you become faster and more engaged. The key is consistency the building of a habit.

Pockets of time

Try to identify pockets of free time throughout your day when you can tuck into a book, rather than, perhaps, scrolling Facebook, or meandering aimlessly through the celebrity pages of the newspaper.

Carrying a book or using an e-reader app on your phone ensures you always have something to read, and these brief sessions can accumulate into substantial progress over time.

Focus on the material

Select books that genuinely interest you as reading should be enjoyable, not a chore. If a book doesn't captivate you, it's okay to move on to another.

Also try to mix up your reading material. Alternate between stories and informed study material, different genres and unrelated topics. This not only keeps your reading experience fresh, it also broadens your knowledge and perspective.

And after all, the more you enjoy what you're reading, the more likely you are to stick with it.

Track your progress

Keeping track of what you read can be motivating. Use a journal or a digital app to log your books and thoughts. Reflecting on your progress can be incredibly satisfying and will encourage you to keep going.

Join a reading community

Finally, engage with others who have similar reading goals. Book clubs, online forums and social media groups can all provide valuable support and recommendations, as well as feedback that will enrich your reading experience.

After all, sharing insights and ideas with others will always deepen your understanding and enjoyment of what you read.

Volunteer Opportunities

ARE you ready to make a difference in your community? WayfinderWoman is seeking passionate volunteers.

By **Gail McKay**

The benefits to volunteering are huge!

Empower others: Help women thrive while making a positive impact.

Skill Development: Gain valuable experience and enhance your resume.

Network: Connect with inspiring individuals who share your passion.

Flexible Commitment: Choose a role that fits your schedule.

Join the volunteer team, empowering yourself while uplifting others in the process, creating a supportive community where everyone can thrive and grow together.

The *WayfinderWoman Trust* is run by women, for women, helping those who are feeling anxious and uncertain about themselves or their future. By building their self confidence and skills they then can challenge any barriers that face them in finding a better life.

To get involved visit:
www.wayfinderwoman.com

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Unleash your inner ninja at the award-winning obstacle course



If it was hard to believe that summer's over, it's even harder to believe it's nearly half-term! If you're looking for places to entertain your family this school holiday, look no further than **Ninja Arena**. The venue features a bespoke inflatable obstacle course, and a series of apparatus designed to test your strength, fitness and sense of adventure.

Under general manager Andy Finch, Ninja Arena has gone from strength to strength, recently winning 'Best Independent

leisure facility 2024" South East England" at the Global Business Awards.

The awards recognise Ninja Arena's innovation, ethical practices and sustained growth, setting new benchmarks for success.

Ninja Arena offers sessions for kids and adults, along with special events and group activities.

Tuesdays to Thursdays (Term time), they have a special entry price of 2 people for

£25. This offer is also available all of the half term.

Ninja Arena also offers a 10% discount to blue light card holders, students (not valid on already discounted sessions) and free carers for people with additional needs.

Find Ninja Arena on the ground floor in the Beacon Centre, Eastbourne.
www.ninjaeastbourne.co.uk

Design consultants Crawford Jones create inclusive design for new Polegate café

Located in the centre of Polegate, new business **Beans & Things** has opened with the help of interior designers **Crawford Jones Associates**. Offering freshly made sandwiches, cooked breakfasts and lunches using locally sourced ingredients, the café welcomes residents and commuters of Polegate and the surrounding area.

When it came to creating the perfect café, Beans and Things turned to Crawford Jones Associates to create a sleek and modern interior with a welcoming feel.

Priority has been given to ease of circulation, especially in busy periods, and flexible furniture allows for various configurations. Seating has been chosen for its comfort and support and customers' diverse needs were considered in the design process. Attention to detail is key - for example controlling acoustics for a calm atmosphere and reduced reverberation, which helps people with



impaired hearing and creating visual reference points for those with reduced vision

Working with Tobel Sheetmetal, Crawford Jones created a sophisticated extraction system, providing a good supply of fresh air to the café throughout the year.

The newly opened Beans & Things is located on Polegate High Street and is open 7 days a week.

Learn more about Crawford Jones Associates at designpays.co.uk

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CREATE workshops

The Enterprise Centre is holding a series of creative workshops in their upstairs space on 12th October...

The workshops, hosted by local artists and craftspeople will include, needle felting, slow stitching, glass fusing, silk scarf dyeing with flower dye, basket weaving, the Japanese art of sashiko and boro, painting abstracts & polymer Clay. To find out more and book, search for the Sussex Craft and Design Fair page on Facebook.

New Members for September

JCM Advisors • Madison Web Solutions • D&L Blinds • New Era Mortgages

Eastbourne DigiFest 2024 – Get Your Tickets Now!

The countdown is on! Eastbourne DigiFest 2024 kicks off on Thursday 10th October at the Kings Centre, and it promises to be an unforgettable day. Whether you're a tech professional, student, business owner, or simply curious about the latest in digital innovation, this event is your opportunity to immerse yourself in everything creative, digital and technology.

From AI to SEO, social media to virtual reality, this one-day conference offers a jam-packed schedule of talks, workshops, and an exhibition. Joining our exciting line-up of speakers this year are industry legends Rowena 'Ro' Bird, Co-Founder and Product

Inventor at Lush Cosmetics, and her colleague Adam Goswell, Tech R&D and Digital Lead, who will ignite the stage with insights into groundbreaking technologies, ethical innovation, and a visionary discussion on the future of retail. There are also streams of talks for those wanting to launch a business or product, business leaders, marketers, and those focused on careers and employability. So whether you're looking to sharpen your skills, keep up with industry trends, or begin a new business venture or career chapter, Eastbourne DigiFest 2024 has you covered.

Organised by Chalk Eastbourne and local software development firm Switchplane, DigiFest isn't just an



event – it's a movement to boost our region's reputation as a powerhouse for innovation in the creative, digital and technology sectors. So book

your ticket today and be part of this thriving community.

For more info please visit eastbournedigifest.com

The View Hotel Eastbourne Launches 'The Holly Crest' Charity Fundraising Campaign

A Sea-Inspired Christmas Campaign to Unite the Community and Raise £5,000 for Local Charities

The View Hotel Eastbourne is delighted to announce the launch of its 2024 charity fundraising campaign, The Holly Crest. This campaign will bring the community together in support of three vital local charities: Eastbourne Lifeboat Station (RNLI), The Wolo Foundation, and the Eastbourne Foodbank.

The centerpiece of the campaign is the Holly Crest, a beautifully crafted boat stationed in the hotel's lobby. The installation invites visitors, and

the local community to step aboard, take festive photos, and create cherished memories with loved ones.

Launch Event: An Evening of Community and Celebration

The Holly Crest campaign officially set sail with her Launch Event on Tuesday, 10th September 2024. The launch saw local businesses, community leaders and residents join together for an evening of networking, celebration, and giving.

Aiming High: A £5,000 Fundraising Target

The View Hotel Eastbourne is committed to raising £5,000

through The Holly Crest campaign, with all proceeds benefiting three incredible charities:

- Eastbourne Lifeboat Station (RNLI)
- The Wolo Foundation: Providing support to families affected by cancer in East Sussex.
- Eastbourne Foodbank: Helping to feed local families in need.

Funds will be raised through donations from photo opportunities with the Holly Crest, special themed events at the hotel, and contributions from local businesses.



How to Get Involved

The community is encouraged to participate by visiting The View Hotel, making donations, and spreading the word about The Holly Crest campaign. The boat will be available for photos throughout the holiday season, and a series of fundraising events will be held at the hotel leading up to Christmas. Scan the QR Code below to donate.

For more information about the campaign, upcoming events, and how to contribute, please visit [here](http://theviewhoteleastbourne.com) or contact Tina Bricknell at tina.bricknell@theviewhoteleastbourne.com

Join today and reap the rewards!

Eastbourne *unLtd* Chamber of Commerce is the largest town based Chamber in the South East, so becoming a member will connect you to a large business network offering support, advice and opportunities for you and your business to grow. Our members not only benefit from the varied events programme we offer but membership also enables them to submit an editorial for inclusion in this publication. This offer is free exclusively for our Members. Annual membership starts from as little as £70+vat per year – Join today, it's a complete no brainer!





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Art

EXHIBITION
& Sale of Paintings

Friday 25 October
 Preview 6pm - 8pm
 by invitation only

Saturday 26 October
 10am - 4pm
 - including informal
 painting demonstration
 by local artist
 Roz Nathan at 2pm

Sunday 27 October
 10am to 4pm

Art Show for Eastbourne Hospital

THE Friends of Eastbourne Hospital proudly present, for the 19th year, their Autumn Art Exhibition and Sale of Paintings.

By **Gail McKay**

St. Andrew's Prep have very generously invited the Friends back for their 19th Annual Art Exhibition which will be held in the school gymnasium from October 26th – 27th 2024. FoEH very much appreciate their support.

Last year 68 local artists entered a total of 321 paintings while some of the St. Andrew's pupils' works of art were displayed on the stage.

On Saturday October 26th at 2pm, Roz Nathan, a well-known local artist will give a painting demonstration. We are hoping we will have a large display of paintings for sale, so do come along and enjoy the show.

If you or any of your friends would like to exhibit and sell your paintings please visit: www.friendsdgh.org.uk/events/art-exhibition/#form or call FoEH office on **01323 749503** to obtain a form.

A small hanging space fee and donation of 20% of the selling price of any picture sold will go towards our 2024 Major Fundraising Project to raise £500k to purchase a Nuclear Medicine Gamma Camera for the Radiology Department of the Eastbourne District General Hospital.

FoEH look forward to welcoming you and your friends to the Autumn Art Exhibition on **Saturday October 26th and Sunday October 27th, from 10am – 4pm** at **St. Andrew's Prep, Meads, Eastbourne BN20 7RP**



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Matt (right) and mates on the summit of Mt Snowdon.

Matt's heroic Challenge raises £35,000

IT was tough, very tough for dad Matt Vince and 12 of his mates.

By **Peter Lindsey**

They completed a gruelling Three Peaks Challenge to raise more than £35,000 for the Sussex charity which cared for his young daughter.

Matt Vince, 33, trains at the FFH Gym in Hailsham, and gym owner Olly Stables was among those who took part.

They were faced with storm conditions at a time when it was supposed to be warm. Roads were flooded and they battled against strong winds and heavy rain for much of the four days.

Battling the weather

Matt said: "The weather kept coming at us but we kept battling it away, we had to.

"It was a very painful experience and the 13 of us are exhausted but we are all over the moon to have achieved this.

"Our plans were thrown out of the window as soon as we reached the

Lake District and there was a yellow weather warning.

"But we are all so happy. Climbing the mountains was very tough indeed but we all did it. It was a massive team effort."

They completed the *Three Peaks Challenge* – climbing Ben Nevis, Scafell Pike and Snowdon – the three highest peaks of Scotland, England and Wales, and they set themselves an extra challenge.

While most drive between the three, the gang of 13 cycled. It was a total of 450 miles.

Matt said: "Personally, I am over the moon and I want to thank my colleagues who took part. I want to thank my friends and families for all the time and effort that was put into this challenge."

"Last year I ran the Brighton Marathon to raise funds for *Chailey Heritage*

Foundation. It was my first marathon and I was thrilled to raise over £25k.

"I knew after that there needed to be something else. And the Three Peaks was the 'something else.' It has developed into a massive project, and I genuinely could not be happier."

Matt's daughter, Luna-Rose passed away in her sleep in October 2022 aged just three, having been born with a rare genetic condition.

Amazing charity

He 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.

"That's why we are so proud to have reached such a huge figure – there is still time to donate, please do so if you can."

www.justgiving.com/page/lunathreepicks

Tesco staff Adopt a Teddy

THOUGHTFUL staff at Tesco Hampden Park held an 'Adopt-a-Teddy' event to help raise money for their 'Period Poverty Campaign'.

By **Peter Lindsey**

Unfortunately, in today's economic climate, there are far too many young girls and women who struggle to afford or access sanitary products.

The economic, social and environmental impacts of period poverty are huge and can effect education and employment, so the staff were keen to play their part and together they were able to donate an incredible 1,600 packs of sanitary pads.

These were distributed equally between two local secondary schools – The Eastbourne Academy and Ratton – as well as Willingdon Trees Community Centre and Warming Up The Homeless – all of which were gratefully received.

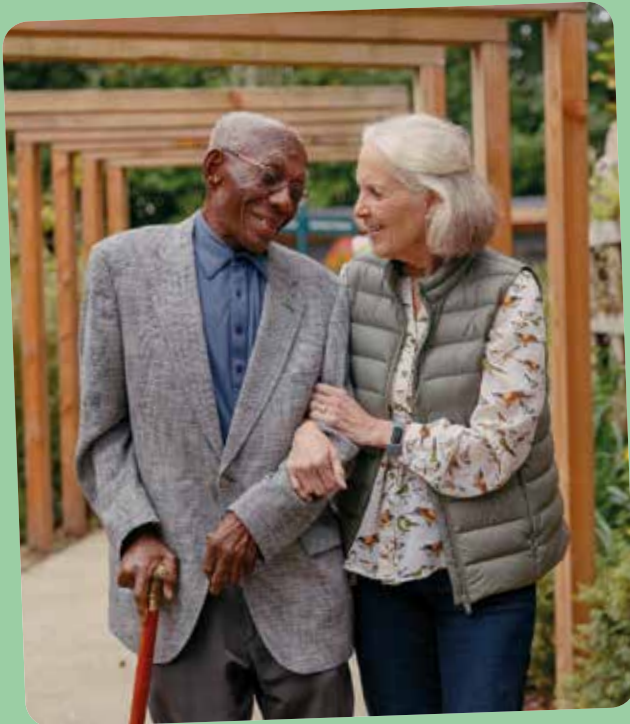
Pictured is Tesco Store Manager Lee Harrison, along with representative from the above organisations.



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Tips on supporting loved ones

Drinks, nibbles & a warm welcome



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Emma wins at the BBC

A TRAINEE horticulturist at *Bates Green Farm* in Arlington has won a silver medal for her show garden at *BBC Gardener’s World Live* annual flower show in Birmingham.

By **Peter Lindsey**

Emma Lindsay, 28, from Brighton is on a year-long placement under the guidance of Head Gardener Emma Reece.

She is training as part of the WRAG Scheme – *Work and Retrain as a Gardener* – since November 2023, and she loves it.

She worked hard to achieve this prestigious award at the *BBC Gardeners World Live* show. There were eight other students taking part, all of whom had to design and build their garden from scratch.

Emma said: “I love the challenge of garden design and so coming up



with my concept and then realizing it as an actual garden was so fulfilling and enjoyable for me.”

Emma works two days a week at *Bates Green Garden* undertaking a variety of seasonal tasks and working through the *WRAGS* syllabus. (including looking after the plants, pruning and general maintenance.)

She said: “I am absolutely loving my year with John, Emma and the team. They are all fantastic and so supportive, I am learning so much. *Bates Green Garden* is a truly



beautiful garden, and I love being able to play a small part in that success.

“When I was younger and I couldn’t sleep, I would design gardens in my head to relax. I’ve always loved gardening so I am doing something that I have always wanted to do.”

Head Gardener Emma Reece said: “Emma is now part of the family here. She entered the competition after only a few weeks here. She was brave, clever and courageous in what she did, and of course she was supported by the team here.”

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UK Government

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- The Winter Fuel Payment and other help with heating costs
- Help with rent and Council Tax
- Help with the cost of NHS services, such as NHS dental treatment, glasses and transport costs for hospital appointments

You could be eligible for **Pension Credit** if your weekly income is below £218.15 or, if you have a partner who lives with you, £332.95. Qualifying income level may be higher in some circumstances.

If you would like to talk to someone about claiming Pension Credit, please contact your local Citizens Advice.

Citizens Advice offices are local charities which offer free, confidential, independent and impartial advice to everyone.

Don't miss out.



SCAN TO FIND OUT MORE



Check your eligibility at gov.uk/pension-credit or by calling **0800 99 1234**

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Sparkling success

ESTABLISHED in 1969, *Carr Taylor Vineyard* has grown from a small family venture into a renowned producer of exceptional English wines.

By **Gail McKay**

The vineyard's gently rolling, south-facing slope ensures maximum sun exposure and protection from late spring frosts. The low altitude and sheltered location further contribute to a warmer environment for the vines.

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a range of high-quality still and sparkling wines.

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What3Words: **vines.proud.young**

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PEBBLES Eastbourne is a wonderful, high quality seafood restaurant situated outside the main entrance to the Enterprise Centre.

By **Peter Lindsey**

Owners Kirsty and Mike Dobbs are very clear – “We take great quality products and let them sing for themselves. We aim to please and deliver great value to our customers.”

The pair are having a fabulous time in Eastbourne, having opened in the summer and are already seeing a strong client base developing.

Lunches are proving very popular as well as evenings, and they are hoping to attract the business community too.

Kirsty said: “Pebbles is a great place for a business lunch, and ideal to take clients to for informal meetings. We are very relaxed, and our team are amazing too!”

Special occasions

“Pebbles Eastbourne is great for those special occasions – celebrations such as birthdays, family gatherings and anniversaries. Everyone is welcome! We also have a bar area and an extensive wine list. So why not pop in for a cheeky glass on your way home?”



Tasting room

Pebbles Tasting Room events have now been introduced and will be held monthly, the next one being Thursday 3rd October. A delicious five course tasting menu, perfectly matched with five beautiful wines. Mike said: “We use these nights to let the chefs unleash their creativity. The menu can be found on our social media pages and website.

“We buy all our fish locally from Southern Head Co. in Eastbourne. We pride ourselves on building strong connections with local

suppliers who in turn supply us with top quality products. We are proud to be a family-run business in both Bexhill and Eastbourne.

“We have an open plan kitchen which gives us a very positive vibe and creates a great atmosphere in the restaurant. Please come and visit us if you haven’t already!”

Really accessible

“We are also right next to Eastbourne Railway Station, and we have a taxi rank right outside too. So we are really accessible to everyone.”

Pebbles is open Tuesday – Sunday.

Pre-booking is advised so please visit the website to book.

www.pebblesrestaurants.co.uk

**Pebbles Eastbourne
Enterprise Shopping Centre
Station Parade BN21 1BD**

**f Pebbles-Eastbourne
@ pebbleseastbourne**





The Crown of Culinary Excellence!



Indulge in a first-class dining experience at Kings Restaurant, where excellence meets affordability at East Sussex College Eastbourne.

An exciting hybrid of student training and a real working restaurant combine to offer a unique dining experience at Kings Restaurant in Eastbourne. Located in the Kings Building of East Sussex College, the restaurant is open to the public during the daytime and evenings for selected themed special events (term-time only).



SCAN THE QR

to find upcoming event dates and further information or visit
www.escg.ac.uk/shops-services/kings-restaurant/

**2 or 3-course meals
at affordable prices!**

Both include complimentary
tea & filter coffee.

Why dine at Kings Restaurant?

A five-star dining experience (as per Tripadvisor) awaits, with a specially crafted menu, focusing on quality locally sourced produce where possible. Students are trained under the watchful eye of tutors in class and then run the kitchen/front of house under the supervision of restaurant manager Oliver Zecchin.

Kings prides itself on being a valuable asset to the community. Oliver and the team work with local employers to provide students the very best start to their careers in Hospitality and Catering. Links include the likes of The Grand Hotel Eastbourne, The View Hotel, and Rathfinny Wine Estate.

The Kings Restaurant team invites you to join them as their guest for a delightful lunch on Wednesdays and an exquisite fine-dining experience on Thursdays.

Kings Coffee Shop is open to the public Wednesday-Friday from 8:30-12:30 and offers barista-style coffee using locally roasted Tiger moth coffee beans.

A Premium Dining Experience

The restaurant offers a menu, featuring a choice of three starters, mains, and desserts. The restaurant is open on Wednesdays, Thursdays and Fridays with specific information available on the website.

Kings Restaurant is open for lunch on Wednesday, Thursday and Friday during term time. All food is made under the strict supervision of industry skilled chef lecturers.

King's Restaurant hosts a diverse array of themed events, including Christmas functions, Burns Night celebrations, and a special dinner for student alumni.

Attention to detail

A focus on quality and fine attention to detail in the preparation and presentation of fine dishes makes Kings stand out from the crowd. As a training restaurant, diners also benefit from wallet-friendly prices. You will find it hard to find equal value and quality elsewhere.

For reservations and more information, please email
kings@escg.ac.uk

Alternatively, book online at
www.escg.ac.uk/shops-services/kings-restaurant



**Keep up to date with the latest news
and follow us on social media!**

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Kings Restaurant
Kings Building
East Sussex College
Cross Levels Way
Eastbourne BN21 2UF



Affordable Hair & Beauty Treatments

Our Evolve Hair and Beauty Salons, run by East Sussex College students, offer a great value alternative to high street salons with services at affordable prices.

A range of hair care and beauty treatments are available at greatly reduced prices. Evolve training studios offer you a warm welcome and have a reputation for offering excellent skills training with professional lecturers and tutors with sound experience and knowledge who guide the trainees.

Please note that all hair and beauty treatments are only available during term time. Our times and services vary throughout the year.

Please contact us on:
evolve-eastbourne@escg.ac.uk
 or call us on **303 300 39800** to see what is available at that time.

EVOLVE HAIR

Our students at Evolve will be pleased to give a consultation and advice on all aspects of hair care.

A skin test is required for all clients at least 48 hours before any colour treatment. Hair prices start at just £5, with final pricing subject to change after consultation.

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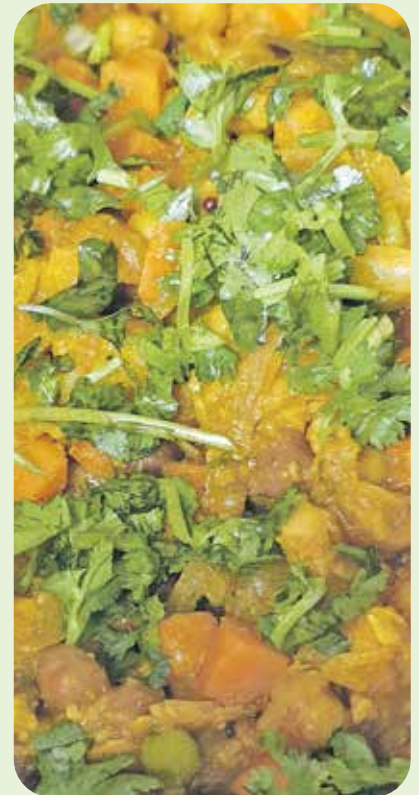
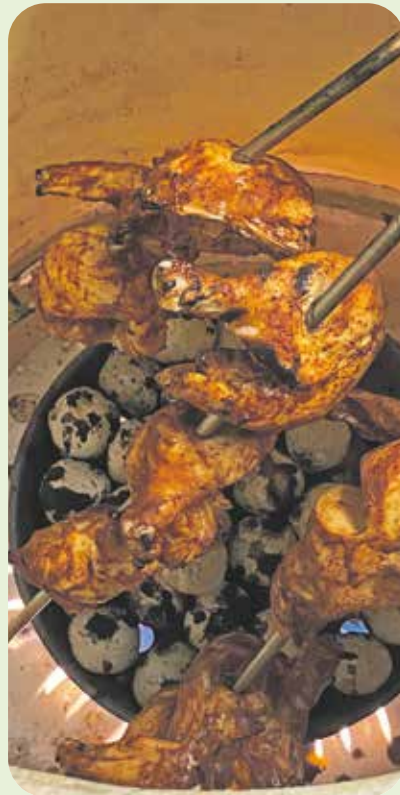
At East Sussex College's student-run Evolve Beauty salon, our students are excited to provide expert consultations and a range of beauty treatments to the public. We offer services such as facials, manicures, and more, with prices starting at just £5.



SCAN THE QR for all the latest services and prices
 or visit www.escg.ac.uk/shops-services/evolve-salons

HAIR | BEAUTY | BARBERING





The very best Indian food

SOMETHING very special is happening at 18 Grove Road.

By **Peter Lindsey**

Mozmil Hussain has a first class reputation for running top quality and very successful restaurants.

He owns *Rossoitaliano Bistro*, which has been running as an Italian restaurant.

Mo is now returning to what he knows best – and as October stages *National Curry Week*, he has decided it will be mainly an Indian Restaurant. Some Italian food will remain on the menu.

This is no ordinary Indian restaurant – it will serve the VERY best food.

Mo can't wait.

He said: "We are in a prime slot at 18 Grove Road, and I am going to make this the best Indian restaurant in town. We are very excited.


"*National Curry Week* runs from October 7-14 – so what a perfect time to start serving the very best curry around. Do not miss out.

"What we are doing is straight from the heart – from generation to generation. It will all be top quality food served, no artificial flavourings.

"It will be the taste of the 1980s in Bombay but in modern times. We will be using the same recipes that our grandad used, very special.

"We will be Indian with a crossover of Italian. There will be a wide range with more than 150 different spices and there will be set meals or ordering exactly what you want.

"We don't buy packets, everything is original."



Chef Cuisine

Starters

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Mains

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(Chargrilled chicken cooked in a special mild butter creamy sauce)

MURGH TIKKA MASALA £ 14.75
(Chargrilled chicken cooked in a special masala sauce)

MURGH JHAAL MASALA £ 14.75
(Chargrilled pieces of chicken cooked in our special hot and spicy masala sauce with onions and capsicum)
(Served with saffron rice)



FOOD ALLERGY WARNING
Please be advised that our food may have come in contact with certain products: tree nuts, soy, milk, eggs, wheat, shellfish or fish.
Please see a staff member about the ingredients used in your meal before ordering. Thank you - Management





The Old Oak Inn – a pub for all seasons

IT'S been an eventful summer at *The Old Oak Inn* at Arlington.

By **Gail McKay**

Visitors have been flocking to the popular pub situated opposite the entrance to *Abbots Wood*, to enjoy great food and drink in the sun-kissed garden with distant views over the *Cuckmere Valley*.

They have been treated to late summer evenings accompanied by a programme of fabulous music from talented local musicians.

This has resulted in a well deserved 'Favourite Pub in Sussex' award for the second year running.

Friday is Burger Night

The weekend starts early at the Old Oak. Every Friday is burger night, with over 20 burger meals available at a reduced price of just £12. Guests can win a free meal by designing their burger of the week.

Quiz

Every other Sunday lunchtime the pub hosts sublime and relaxing jazz music. There is a monthly charity quiz and themed wine tasting meals.

Landlady Kate Maynard said "We are really lucky where we are. It really is a beautiful spot and the pub has real character. Earlier in the year we were spoilt with a fantastic view of the northern lights.

Autumn menu

Whilst we hope for an Indian summer, planning for the autumn is well underway. We have an exciting autumn menu with some new additions such as Brazilian prawn curry, Singapore noodles and hot honey pork alongside our range of pub classics. We are already taking bookings for



our really popular Christmas party evenings and have fixed a date for our Christmas singalong".

Christmas trees

It won't be too long before the *Old Oak* Christmas trees are for sale again. The nights are starting to draw in and what better way to round off a bracing walk around the woods. than a pint or glass of wine in front of a welcoming log fire in the cosy bar? One thing is certain, whatever time of year a warm welcome awaits at the *Old Oak*.

**The Old Oak Inn
Caneheath, Arlington,
East Sussex BN26 6SJ**

**01323 482072
info@oldoakinnarlington.co.uk
www.oldoakinnarlington.co.uk**



Eating out at The Waterfront this autumn

AS autumn approaches, the waterside brings a more mellow and slow paced feel about it.

By **Taria Williams**

The boats bob gently in the harbour, the skies have a more greyish tinge than the vibrant blue than we've been used to when we look up.

With the sun appearing much lower in the sky and the need for a light jacket around your shoulders, The Waterfront offers an inviting warmth from its harbourside restaurants.

Boat watching

There's nothing more pleasurable than sitting in a warm eatery, catching up with your family and friends while indulging in fabulous food and drinks. It's even better with a view of the harbour, watching the boats chugging about on the water as they come and go.

Spoilt for choice

At *The Waterfront* you'll be spoilt for choice with tastes to suit all ages and cuisine preferences. At *4Seasons* you'll find a relaxed, friendly atmosphere serving home-cooked food at affordable prices. They also offer a great selection of wines and gins if that takes your fancy. With a takeaway service operating seven days a week from 10am – 3pm you can have a walk around the harbour taking in the sights around the water's edge.

Italian cuisine

Simply Italian offers authentic Italian cuisine from freshly made pizzas to traditional pasta dishes and seasonal specials. Offering a genuine Italian atmosphere, friendly service and a children's menu it's a great option for the whole family.

Anatolian flavours

Unwind and enjoy Marina's exciting and delicious Turkish dishes who use the freshest ingredients in their dishes, sourced from their network of local farmers making sure you experience the finest expression of Turkish dining and Anatolian flavours this side of the Mediterranean. Their extravagant and unique range of wines, spirits and champagnes, beers and cocktails compliment the fabulous flavours in their dishes.

Alfresco

Pablo's Restaurant sits on the waterside with great views of the yachts and boats moving about in the harbour. It's popular location offers a superb mix of Italian and Mediterranean cuisine including delicious seafood dishes. For warmer days at *The Waterfront* Pablo's offers al fresco dining for a waterside front seat.

Warm welcome

You're assured of the warmest welcome from *Ganges Restaurant*, which offers authentic Indian cuisine. With beautiful views across the harbour and a menu which offers innovative, authentic and imaginative Indian cuisine dishes that cater for all tastes.

Plus, enjoy an incredible buffet every Sunday to explore new dishes or indulge in your favourites.

Grills and salads

The Harvester is where you'll find grills and salads, which is what they are most renowned for and you'll be in abundance of fresh food, fun and flavour, where all meals come with their famous unlimited salad bar. Enjoy breakfast, lunch and dinner from this family friendly pub restaurant.

Curry with a twist

Thai Marina restaurant serves modern Thai cuisine in a beautiful waterfront setting. Tuck into a tasty tamarind seabass or an authentic Massaman curry with a twist. Open from Tuesday to Sunday they offer a modern restaurant in a traditional setting. They have fabulous reviews on *Tripadvisor* so why not try them out if you haven't already.

www.eastbournewaterfront.co.uk



Health & Wellbeing



your brand need revitalising?
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England's Chief Nursing Officer visits DGH

NURSING staff at *Eastbourne District General Hospital* hosted a visit from Duncan Barton, the new Chief Nursing Officer at *NHS England*, and Andrea Lewis, the Chief Nursing Officer for *NHS England's South East Region*.

By **Peter Lindsey**

Duncan and Andrea visited Michelham ward, the hospital's gastroenterology ward, which cares for many of the patients who have the most complex clinical needs, as well as the hospital's busy emergency department.

Day-to-day challenges

The visit concluded with a round table, where Duncan and Andrea met with senior nurses from across the trust to discuss the day-to-day challenges of delivering high quality nursing care in the *NHS*.

Delighted to host

Vikki Carruth, the Chief Nursing Officer at *East Sussex Healthcare NHS Trust*, said: "We were delighted to be able to host Duncan and Andrea. Our nursing teams are very proud of the work that they do for our communities, and were pleased to have the opportunity to share this with two of the most senior nurses in England."

"It also meant a lot to all of us to be able to have the time to talk to Duncan and Andrea about our wider work, and to have our lived experiences heard and acknowledged."

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Oliver chats to Josh Babarinde MP in the i360.

Care for the Carers

BEING a carer can be very tough.

By **Peter Lindsey**

Care for the Carers is an Eastbourne charity which supports anyone who looks after family or friends who couldn't manage without their help.

It invited carers from Eastbourne and East Sussex, aged 14 to 76, to a meeting on the *i360* where they chatted with our MP Josh Babarinde.

Young carer Oliver Davis, 14, said: "I really enjoyed meeting Josh, he really listened to me, and I felt he has the skills and passion to make a difference to the lives of young carers. I'm really looking forward to working with him and getting the chance to take actions that will impact other young carers in my home town. I'm really passionate about improving the lives of young carers and feel honoured to have been chosen to be invited to such an important meeting."

Oliver is a young carer for his mum Wendy, who lives with significant cardiac issues and the long-term effects of a stroke and brain injury.

Wendy said: "Oliver saved my life at just eight years old when I collapsed in the night. I went on to have open heart surgery and Oliver has been a young carer ever since. Life then changed again three years ago when I had a stroke and this caused hemiplegia on my right side, so my right hand and foot still don't work correctly, and I don't have feeling in them. I get stroke fatigue and Oliver has stepped up and helped me more day to day since then."

There are around one million young carers aged 17 or under in the UK. And there are a further 600,000 young adult carers aged 18-25. There are an estimated 15,000 young carers in East Sussex.



Helen, who cares for her husband, with Josh Babarinde MP, and Jennifer Twist, CEO at Care for the Carers.



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SUSSEX Footcare continue to expand after a successful launch of their new clinic in Crown Street, Old Town, Eastbourne.

By **Andrew Albon BSc (Hons) MRCPod.**

The new Clinic consists of a warm welcoming reception area and two modern clinic rooms.

The team consists of three podiatrist, one foot health practitioner and two admin staff.

Owner Andrew Albon is very excited to announce they are investing in a Gait and motion technology Pressure plate system which will help them with a range of patients from elite athlete to club sports players and even diabetic patients, offloading pressure points preventing reoccurring ulcerations.

As a company we are always looking to invest back into it and we are pleased to announce that we have just invested in a pressure plate system with gait and motion technology.

This will allow us to analyse the data from our clients standing, balancing, walking and running on the pressure plate. We can then look at the data and work out a bespoke orthotic which would work for this patient, taking gait analysis to the next level.

Most people come to us once an injury has occurred, wouldn't it be better to come to us to prevent an injury or better still to improve performance.

We will be offering our biomechanical assessment which includes the pressure plate system at half price for our first 50 customers using it and we believe it will revolutionise the gait analysis industry.

Why choose Footscan?

Professionally approved

Footscan is the first and only gain technology 'professionally approved' by the *Royal College of Podiatry* meaning it meets the highest clinical standards.

Data-driven healthcare

Footscan quantifies what the eye cannot see, allowing us to take your gait analysis and orthotic prescription to the next level with accurate, objective data.

High speed scanning.

The high scanning frequency and sensor resolution of footscan ensures accuracy in the data acquisition and repeatability.



Wide range of analysis tools.

Enhanced 2D and 3D visualisations enable us to clearly communicate your movement data directly compare it against other scans.

Who is Footscan beneficial for?

- Firstly, elite athletes for enhancing performance.
- Prevention of reoccurring injuries.
- Heel pain patients (Plantar fasciitis, Achilles tendinopathy, Posterior tibial tendon dysfunction).
- Any foot or leg disorders.
- Diabetic patients – to offload any areas at risk of break down.

All our patients that have diabetes will get a free screening on the footscan to prevent any hard skin issues.

We can design the Bespoke orthotics for Everyday use, football players, golf, runners, Work boots and walking boots.

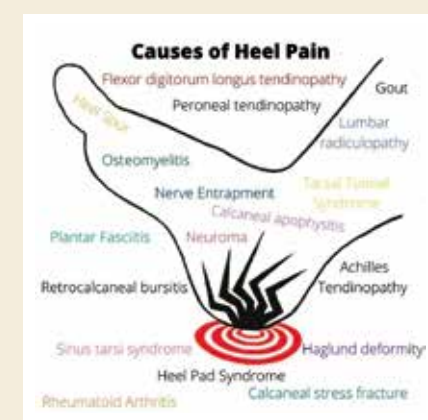
We can customise the insoles to suit pretty much any use the client wants them for.

We look forward to showcasing our new technology and now is the perfect time to grab yourself a great deal before prices are locked in.

Treatments on offer include:

- Routine nail care.
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www.sussexfootcare.co.uk
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Exciting new health store opens

LITTLE CHELSEA HEALTH STORE is a new shop situated at 35 South Street. It is an amazing store and well worth a visit!

By **Peter Lindsey**

Founded by sisters Mel and Emma, the store opened at the end of August and after a complete refurbishment, is now a lovely, warm and welcoming space. Here's what the ladies tell us about their store.

Discover our offerings

We boast a diverse range of products catering for all your health and wellness needs. Here is just a small selection of all the amazing products on offer:

- **Food:** we offer a selection of organic, chilled and fresh food items sourced from carefully selected suppliers. Whether you're looking for vegan or gluten-free items, or fresh, organic fruit and vegetables, you will find an array of nutritious and delicious items available. We also stock locally sourced produce such as organic eggs, honey and fresh bread.
- **Supplement & Remedies:** we have selected a variety of high-quality products to support your

health and wellbeing. We also offer guidance and assistance to help you make the best selection.

- **Toiletries & Household:** we have a great assortment of eco-friendly toiletries and household products that are kind to both you and the environment. Our ranges include skincare, body care, haircare, dental and also pampering items such as bath bombs and bath salts to help you relax and unwind.
- **Wellbeing:** explore our selection of essential oils for your aromatherapy and wellness needs. We also carry a large selection of incense, smudge sticks, candles and oil burners.
- **Gifts:** perfect for special occasions or just a treat for yourself, the gifts range includes beautiful, thoughtful items such as crystals, jewellery, salt lamps, teapots and even yoga mats and accessories. Gift vouchers also available so you can treat a loved one.

- **Zero-Waste Items:** help the planet by becoming more eco-friendly, with less waste, and reusing and recycling packaging. Just bring in any bottle, any shape or size, and we can fill it for you. You can also join the refill club and get your 10th refill free! (Ts & Cs apply).

- **Refills:** we have refill stations for household and personal care toiletries, including laundry liquid, fabric softener, surface cleaners, bodywash, handwash, shampoos and conditioners. Carefully selected quality brands that are UK based and kind to your skin as well as the environment. We also offer refills for bath salts, Castille soap, deodorants and some skincare ranges.

- **Food Dispensers:** we have loose foods you can fill yourself — bring in your own container or use one of our recycled brown bags for items such as organic oats, grains, nuts and seeds. We also have herbs, spices and loose teas so you can have as much or as little as you like to save wastage!

Rewarding our customers

Mel, who has over 20 years' experience in the natural health and wellbeing industry, lives in Eastbourne with her little dachshund Minnie (who can also be found in

store). She tells us "We are thrilled to introduce our *Customer Rewards Programme* in store. Customers who sign up to the *Rewards Programme* earn points every time they shop with us and are rewarded with vouchers to spend in store.

We also offer a comprehensive customer ordering service. If you are looking for something specific that we don't have in store, let us know and we will be happy to order it for you free of charge. We love looking for the strange and unusual for our customers and nothing is too much trouble to research.

We are more than just your average health store, we are looking to offer something extra special, with future plans for talks, workshops and visiting therapists in store, to establish ourselves as the local community health and wellbeing hub."

So why not pop in and take a look for yourself.

Little Chelsea Health Store is open Monday to Saturday, 9:30am to 4:30pm, and experience the warm welcome and unique offerings that the store provides.

For more information, contact us at hello@littlechelseahealth.store or call us on **01323 653 657**



Autumn delights

US ramblers ramble whatever the weather in all four seasons of the year but *Polegate Rambler*, Theresa, shares with us why she particularly likes Autumn.

By **Theresa Hancock**

“Autumn can bring us some glorious days even though they are shorter, especially if we have an Indian summer.

“Early in the morning there is a dew and sometimes a mist hugs the fields before it is burnt off by the sun. I always think that autumn smells different! As autumn progresses the trees start turning yellow and orange, the leaves falling so that sometimes the footpaths are not as obvious.

“There is still plenty to pick in the hedgerows, so a box or bag is useful

although I am mindful of my mother’s warning: Blackberries shouldn’t be picked after the end of September as the devil has spat on them! – I think it is more that they are past their best by then and are tasteless and a bit woody. Sloes abound, although to make the best sloe gin I am told that they need to have been frosted (that can be mimicked by popping them in the freezer). Don’t be too impatient though to drink the results as it needs at least a year to mature!

“There are usually plenty of mushrooms and fungi in the fields and woods, though it is surprising how the bounty varies from year to year. However, it is always advisable to have a book or someone who

knows what’s what to definitely confirm that they are all right to eat, and always check that they are bug free. One of the prettiest looking fungi found in woodland is the Fly Agaric, the bright red one with white spots that often features in children’s fairy stories, but that is extremely poisonous and should only be admired then left alone.

“The farmers continue to harvest their fields. Sometimes you have to battle your way through fields of sweetcorn that are so tall it is like walking through a jungle. So what with jungles, fungi collecting, blackberry and sloe picking our rambles are often a bit slower than usual but definitely still worth the effort.

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

Therapy with a difference

I have many years’ experience in the Mental Health field, both in New York and the UK, 16 with the NHS as a Senior Psychologist. I also have a special interest in working with LGBTQ+ clients

I work remotely seeing clients worldwide, offering bespoke plans of treatment, dependent on your needs and goals.

I am certified in CBT, EMDR, ACT and Mindfulness, specialising in all forms of trauma from adult survivors of childhood sexual abuse, road/work accidents, anxiety, depression, bereavement.

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

BERI COHN

Chartered Counselling Psychologist
bericohn18@gmail.com 07941 626555



DGH in exercise

THE NHS across Sussex led on a major training exercise at *Eastbourne District General Hospital* and the *Urgent Treatment Centre (UTC)* at *Lewes Victoria Hospital*.

By **Peter Lindsey**

The exercise, involving multiple organisations, tested emergency response plans in the event of a hazardous materials incident such as a chemical, biological, or radiological release.

The drill was to make sure that health and care partners are fully prepared for public health emergencies.

James Ramsay, Chief Medical Officer at *NHS Sussex* said: “These exercises are vital to ensure that our emergency plans are robust and that we are prepared for any potential major incident that could affect our communities.

“Exercises like this are an important part of our work to keep the public

safe, and we appreciate everyone’s understanding and cooperation.”

Charlotte O’Brien, Chief Operating Officer at *East Sussex Healthcare NHS Trust*, said: “Making sure that our staff are trained and ready to respond to the most challenging of situations is an important part of what we do.

“While we hope that we will never need to respond to this sort of event occurring in East Sussex, we take the safety of our communities very seriously.”

Lloyd Barker (Deputy Chief Operating Officer) at *Sussex Community NHS Foundation Trust* said: “This exercise was a good opportunity for our teams to ensure that our emergency plans are vigorously tested.”

Danny's trampolining set for take off

EASTBOURNE Trampoline is about to take off at Hillbrow Health and Wellbeing in Meads (formerly the university sports centre).

By **Peter Lindsey**

The first sessions took place on Friday September 20th, and free trials are available for this ever-growing sport following the Gold success at Paris 2024.

Danny Hatcher, 27, is one of the coaches and he couldn't be happier to see this exciting project finally take off.

Danny has his fair share of challenges in life. He has grown up half deaf and in 2020 he lost sight in his right eye.

But that doesn't deter him.

He said: "I became half deaf after a series of ear infections. Basically, everything has to be on my left side to hear, or in front of me so that I can lip-read. Communicating can be difficult but I manage.

"Losing sight in my right eye was again after an infection, it made lip reading far harder and it wasn't until last year that I grew in confidence again. I had to relearn most things, including how to walk avoiding obstacles. It's still a struggle but I suppose I do not know what I miss!

"I have a constant pain in my head and I wear sunglasses to shield my eye from the wind and sun."

Despite these challenges, Danny is achieving so much.

He has graduated from university with qualifications – a BSc in Sports Coaching, and an MSc in Strength



Coaches Danny and Verna Callaghan.

and Conditioning, and spends much of his working time on YouTube specialising in sport science research and methods for other academics.

Danny took part in the *Eastbourne Accessibility Festival* last month, staged by *Defiant Sports*.

"I was manning the trampoline for six hours. It's all about fun first then if you want to compete so be it but it's always great to see smiling faces when people take part.

"I'm chatting with Loretta from *Defiant Sports* so there may be something positive there for the future."

His focus now is on *Eastbourne Trampoline*.

It's weekly from 4pm until 7pm at *Hillbrow Health and Wellbeing* with three sessions, each 40 minutes. There is a maximum three people per trampoline.

Go to eastbournetrampoline.com to find out more.

Danny has also been a qualified soccer referee, ran for *Eastbourne Rovers*, been involved in scouting, and is a handball coach.

Well done Danny!



Free parking and a friendly welcome

ACTIVE Days Mobility is now situated at 6 Winston Crescent, Seaside, where there is plenty of free parking.

By **Peter Lindsey**

It sells all types of mobility living aids, including scooters, wheelchairs and walking sticks.

Owner Mark Stewart is clear what the shop has to offer:

- A warm welcome and that personal touch.
- Value for money and competitive pricing.
- Time spent discussing exactly what the customer wants so it's the right product for each customer.
- And if the item is on show, you can buy it straight away, no need to order.

Mark – who also owns a similar business in Western Road, Bexhill, said: "Mt staff are fully qualified and fully trained.

"We are the main dealer for all the big manufacturers, and we sell a wide range of products.

"My priority is talking with people so they get what they want, and at the right price.

"We have refurbished the shop and it's getting busier all the time. Of course, free parking does help.

"Come and pay us a visit."

01323 301101
www.activedaysmobility.co.uk



Step change

CAN you go beyond the popular phenomenon of 10,000 steps a day?

By **Gail McKay**

While the 10,000 steps daily goal is familiar to us all, and undoubtedly boosts both health and wellbeing, there's much more within this benchmark to explore if we're to truly gain an understanding of what our daily steps are doing for our bodies. Let's take a look...

Origins

The relied upon – and almost worshipped – 10,000 steps target actually started out life as a marketing campaign for the 1964 *Tokyo Olympics*. Their PR team came to figure because the Japanese character for the number looks like a person walking. However, it caught on and has since become a common fitness benchmark.

More than one step beyond

Studies show that even a small increase in daily steps can significantly improve health. For example, it's said that every step above 2,200 per day significantly lowers the risk of death.

Research suggests that the optimal range for health benefits typically falls between 7,000 and 13,000 steps, and while a greater number generally provide greater benefits, the rate of improvement tends to level off beyond 15,000.

Importance

Not all steps are created equal and those taken at a brisk pace or during vigorous activities offer bigger health benefits compared to slow, casual steps.



Thus, short bursts of high-intensity steps, such as climbing stairs, can also be more beneficial than merely focusing on the total count.

Personalised activity goals

The ideal number of steps can vary based on age, fitness level and health conditions, and older adults or those with chronic illnesses may need different targets.

Additionally, personal goals like weight loss, cardiovascular health and mental well-being might require different levels of physical activity.

The important thing is we're all different, so knowing exactly what your steps do (or don't do) for you is important.

Complementing steps

Incorporating other forms of exercise can enhance overall health. Strength training exercises – recommended at

least two days a week – build muscle and bone strength, while activities like yoga or tai chi improve flexibility and balance, which are especially important as we age.

At a very basic level, carrying a weighted backpack whilst completing your steps will add strength.

Consistency over intensity

Regular, steady and constant activity is more beneficial and sustainable than sporadic high-intensity workouts. So, consider choosing activities that you enjoy doing can help to maintain that long-term approach to a physically active lifestyle.

Leveraging technology

Use modern fitness trackers to gain more detailed insights into physical activity, while online communities offer motivation, challenges, and social support.



Self-preservation society

WHILE the accepted notion of good parenting is to put your children first, self-preservation must always come into the equation, and here's why.

By **Gail McKay**

On an aircraft, the instruction in the event of a cabin suddenly suffering a loss of air pressure is clear – put on your own oxygen mask before assisting others. And this fundamental truth is exactly the same when it comes to taking care of your children on terra firma.

The benefits of looking after ourselves are obvious – energy, patience and mental clarity – yet they go further than that, because

when youngsters see a parent taking time to exercise, or eat well, or rest, or pursue personal interests, they learn the importance of maintaining their own well-being.

As an extension, being firm and fair on your children, just as you are yourself, offers a balanced approach to be emulated.

As adults, the idea of sacrifice is not an alien one – many of us are used to going without in order to fuel

others. However, making time for your own activities and pleasures is a must, and ensure that you not only have time to start this process, but time to finish it as well.

Remember the value of socialising and seeing different people, and ensure you have adventures outside of the home that aren't just school drop-offs and pick-ups!

Ultimately, your actions are the antithesis of selfishness, and that by investing small portions of time and love in yourself, you are becoming a better parent in the process.



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Green and pleasant

OCTOBER is definitely the time for clearing up – greenhouses, ponds, gutters and water butts may all need cleaning out. Wooden garden furniture will need covering or storing for the winter and terracotta pots may need bringing inside, so that they don't freeze and crack. If you don't already have a compost heap or bin, October is a great time to start one, with all the leaves and cuttings to be disposed of! Open garden events are trailing off with no local *National Garden Scheme* events around the town now until 2025.

By **Geoff Stonebanks**

The clocks go back on Sunday 27th, giving everyone an extra hour in bed and Thursday 31st October is Halloween. If you have children, you may have a go at creating lanterns from pumpkins purchased at the supermarket or perhaps you've grown some yourself! They look great displayed in the garden or by the front door.

The past Summer at Driftwood

This year, despite the changeable weather, I have been able to hand over £5,288 to *Macmillan Cancer Support* along with a further £976 to the *National Garden Scheme*

and £40 for *Children with Cancer*. A grand total of £6,244 for 2024.

We've seen over 500 visitors, many of whom purchased my infamous tea and cakes when visiting, which helped boost the fundraising. I have baked over 500 portions of cake to sell in the garden with coffee and walnut cake and apricot polenta cake being the two firm favourites. Thank you to all those who visited and supported our charity fundraising.

Latest TV Brighton made a 20-minute film about the garden and I, which you can view on the media page of my website and *The Sunday Times* featured a wonderful piece about age-proofing your garden, both in the Home section and online on Sunday 18th August. There is a link to read on the home page of my website too.

Chrysanthemums

A very common plant to have in the garden at this time of year is the ever-popular chrysanthemum or "pot mum". They are perfect to be placed in containers and bloom well into autumn and beyond. You can find them for sale everywhere in a large variety of colours. Care of container grown mums is relatively easy. You may want to repot it as soon as you get it home to give it room to grow. If you are careful and keep it well watered, you should be able to enjoy their blooms throughout the autumn months and possibly even the next spring.

Winter preparations

Traditionally, October is the month to lift tender summer bulbs such as gladioli and dahlias and store in a cool, dry place. It is also the month to cut back perennials, but I've recently read, a new school of thought says leaving the dead stems is good for wildlife and may also provide protection for the roots. Traditionalists will claim the stems harbour pests and diseases. Horticulturally, it makes little difference when they're cut back as long as it's done before new growth starts next spring. Some apples have been ready to pick since August but there will be others perfect for picking right up to the end of this month too. I began picking the Cox's Orange Pippin's in my garden, pictured in the header, at the beginning of last month.

Falling leaves

Autumn is a beautiful season in the garden, with many perennials, shrubs and trees providing some stunning colour. But once the leaves have fallen, they will need clearing

up, especially from lawns, where they will smother the grass, and from paths and patios, where they may become slippery. It's also a good idea to remove leaves from gravel, otherwise it will become messy. You can make the sweeping and collection process a lot easier by using a combination of different tools and methods, but I favour doing it all by hand in my garden, due to its size and layout. I have to confess getting the debris out of gravel is not one of my favourite tasks.

Trimming ivy

A job that I've been doing recently is to tidy the side entrance to the back garden. The fence is covered with ivy, a plant which I love. I'd rather see the ivy than a bare fence. However, it can be very vigorous, so needs cutting back a couple of times a year to make it more manageable and avoid fall outs with my neighbours, who are not so keen on it. This Summer it seems to have grown more than ever and is almost ready for its annual trim. For the last few years, I have decided it's no longer a task I feel safe doing so employ a local contractor to come in and do the job for me.

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

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

PROTECTING YOUR FAMILY'S INHERITANCE

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

The solution to help protect your estate is a Will incorporating a Property Protection Trust (PPT). A testamentary PPT can only be executed whilst both partners remain alive. Upon death of the first partner, their Will specifies that their share of the property is placed into trust and names the ultimate beneficiary of this share, normally the children of the deceased.

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

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

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

This last point can be of particular interest to couples who have come together but have children from different partners. A PPT can help each person in a relationship ensure that their children inherit their share of the property, while giving their surviving partner the ability to live in the property for the rest of their life.

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



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