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'OUR SECOND HOME' – 60 YEARS OF SCOUTING

A NEW ERA FOR MOTCOMBE POOL

Frank Woods has produced a book detailing the history of Bushy Wood Scout Campsite.

Motcombe Pool in Old Town may remain closed – but there is still hope.

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September 2024

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Bournefree



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Images

Inner Cover: Racquet Studios.
 Love Local: ©Rupert Kirby.
 Health: Freepik.
 The Arts: Racquet Studios.

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

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A bright future for the printed press...

AS someone who has worked in the printed – and indeed online – press for more than 35 years – it’s always interesting to listen to debates about the future of the print press.

By **Peter Lindsey**

A recent survey showed that more than 50 per cent of Lightning Fibre customers recall seeing its printed ads.

Some may be surprised. I am not.

Here’s Rob from *Lightning Fibre*: “We invest heavily in digital, of course, but printed media is highly trusted and reaches groups who we might otherwise miss.

“Print also supports the overall brand awareness to enhance the effectiveness of our other channels.”

I couldn’t say it better myself.

There was a similar debate online, where one of the comments reads:

“I’m convinced – and have been for a while – that the future of local news is in the hands of these small, independent publishers.”

The future of news has never been in doubt – it’s just a matter of where you read or listen to that information.

And that’s where publications like *Bournefree* and *The Hailsham Eye* come in.

We are local, based in Eastbourne, and thrilled that last month saw our 50th edition. We have no doubt there will be another 50 and more.

Looking forward, these are our special Spotlights for the next three months and a great opportunity to be featured:

October – Eating Out/Going Out.
November – Christmas themed services and shopping.

December – Christmas themed shopping and food.

January – Healthier You.

If you want to be involved in any of them, contact Gail, Harry or myself at *Bournefree*.

It’s been a privilege to meet the first female Vicar of Eastbourne – Arwen Folkes – who came to Eastbourne recently to St Mary’s Old Town.

Arwen is very passionate about community partnership and working together. She will do a fine job and I am sure she will make a difference. To do that is never easy.

Finally, for this month, it’s been great to see the success of the *Victoria Place* pop-up park. Well done Stephen, Luke and team!

Bournefree

Bournefree is becoming more and more popular each month, and we want to make it easier for you to promote your business or organisation.

Gail and Harry are here to help you with your marketing and to raise awareness of what you do.



gail@bournefreemag.co.uk
 01323 430303



harry@bournefreemag.co.uk
 07809 443027

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New life on the sunny South Coast draws delighted new residents to Castle View Court development

ONLY two new homes remain available for purchase on this luxury residential park but orders are now being taken for phase 2.

By **Michael Crawford**

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

Natural beauty

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

The highly desirable site is close to the seaside town of Pevensey Bay, renowned for its shingle beach and as the place where William the Conqueror landed in 1066 before the Battle of Hastings.

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

"The bad news for aspiring new residents is that we have only two more homes available for purchase. The good news, however, is that we are now taking orders for new homes in our phase 2 development which will begin construction shortly. Prices for these properties will range from £235,000 to £499,950.

Open Days

"In the meantime, following the huge success of our first phase **Open Days**, we will be staging further such events at *Castle View Court* on 13th, 14th and 15th September, that's the Friday through until the Sunday, and again, over the weekend of 25th, 26th and 27th October.

Luxury life

"Anyone seeking further information should contact me, Joe Brunton, on **01323 886754**. I shall be delighted to hear from you and expect to be able to answer any queries you may have about your opportunity to live a new, luxury life, here on the south coast.

"I will also be able to introduce you to many of our neighbours who have been attracted by the fact that the pace of life is less frantic here and that it is a relaxing and pleasant place to live. The beach is only a 10-minute walk away and there is a small golf course and a sailing club nearby.

Stress-free environment

"And perhaps also by the fact that the phase 2 development, just like the first, is exclusively for people aged over 45, and will provide a secluded location, with a stress-free environment, surrounded by friendly, like-minded people.

"Eastbourne is at its best in the summer months and lots of the people who attended our **Open Days** in June and the many others

who have visited since have taken up the opportunity to join their new neighbours and friends in the coming months."

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

They will sell at prices starting from £235,000 and the development is offering up to 100% for part exchange.

Great local amenities

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

For further information about *Castle View Court*, and details of the upcoming Open Days in September and October please visit:

www.castleviewcourt.co.uk
or contact Joe Brunton on **01323 886754**.

Lightning Fibre extends reach



Cllr Stephen Holt cuts the ribbon with Lightning Fibre's sales team, CCO Rob Reaks, and Enterprise Shopping Centre commercial director Denise Harwood.

IT'S based in Eastbourne – but now *Lightning Fibre* has expanded to Brighton & Hove and Worthing.

By **Peter Lindsey**

Here's CEO Stefan Stanislawski: "Customers across Eastbourne, Hastings, Heathfield and Hailsham are already making the most of hyper fast full fibre broadband from *Lightning Fibre*."

"Now even more homes and businesses will be able to choose *Lightning Fibre*'s award-winning broadband as a result of this wholesale deal.

"We're delighted to join forces with *CityFibre* and intend to develop and nurture a very close and effective working relationship."

Face-to-face

Meanwhile, Cllr Stephen Holt, leader of *Eastbourne Borough Council*, has officially opened *Lightning Fibre*'s new shop in the *Enterprise Centre*.

Cllr Holt said: "I am delighted to welcome *Lightning Fibre* to the *Enterprise Shopping Centre*; this marks the first time in the company's six years of operating from Eastbourne that customers can visit a physical store, which makes *Lightning Fibre* more accessible for people wishing to switch to full fibre broadband.

"We wish them every success."

Matt Goacher, *Lightning Fibre*'s Head of Sales, said: "We know that some people prefer a face-to-face conversation, especially when they have questions or reservations about

switching to a new technology that they do not understand.

"We hope the retail unit will provide a space for people to find out more about fibre full broadband and encourage more people to switch to this faster, more reliable and greener communication technology."

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The View Hotel launches 'The Holly Crest'

A SEA-INSPIRED Christmas campaign to unite the community and raise £5,000 for local charities.

By **Peter Lindsey**

The View Hotel Eastbourne has launched its 2024 charity fundraising campaign, The Holly Crest.

This project – which embodies the spirit of the sea and the joy of Christmas – aims to bring the community together in support of three vital local charities.

The centerpiece is the *Holly Crest*, a beautifully crafted boat that will be stationed in the hotel's lobby.

This stunning installation, inspired by Eastbourne's rich maritime heritage, invites guests, visitors, and the local community to step aboard, take festive photos, and create cherished memories with loved ones.

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):** Supporting the brave volunteers who risk their lives to save others at sea.
- **The Wolo Foundation:** Providing support to families affected by cancer in East Sussex.

- **Eastbourne Foodbank:** Helping to feed local families in need, especially during the challenging winter months.

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

General Manager Claire Prysor-Jones said: "*The Holly Crest* is more than just a festive decoration; it's a symbol of our community's strength and compassion. We're honored to support these three incredible charities and invite everyone in Eastbourne to join us in making a difference this Christmas. Whether you're taking a photo with the *Holly Crest* or attending one of our events, every contribution counts towards our £5,000 goal."

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.

Email: tina.bricknell@theviewhoteleastbourne.com



We look forward to welcoming you to our **2024 OPEN EVENING EVENT & OPEN MORNINGS**

OPEN EVENING EVENT
THURSDAY, 19TH SEPTEMBER 4:45PM – 8:00PM.
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UNTIL FRIDAY 4TH OCTOBER.
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www.ratton.co.uk

CHECK OUT OUR VIRTUAL SCHOOL TOUR VIDEO HERE
www.ratton.co.uk/contact-us/virtual-tour

We really look forward to welcoming you to our school so you can experience everything we have on offer here at Ratton. See us in action with guided classroom tours and meet our friendly staff team who are ready to answer any questions you may have.

CHECK OUT OUR SCHOOL SOCIAL MEDIA PAGES



These will offer you an insight into the culture we promote here at Ratton and showcase the many achievements of our students (including sporting, performing arts, extra-curricular and much more).

How our Open Evening Event / Morning Tours work

Open Evening:

Parking is available in the school playgrounds via the Park Lane entrance at the back of the school. Limited parking is also available on Park Avenue. The evening will feature classroom tours, opportunities to meet our teachers and staff, talks from our Headteacher and Executive Headteacher and the chance to meet some of our #TeamRatton students who will be available to assist.

Open Mornings:

Arrive through Ratton Reception for your allotted time (no earlier please).

We look forward to welcoming your family to #TeamRatton very soon and hope we can work with you and your child to #AchieveTogether as they continue their journey into secondary education.

Absolutely Fabulous!

IN the heart of East Sussex lies a community alive with entrepreneurial spirit and ingenuity.

By **Christina Ewbank**

Here, businesses small and large have created the best place to live, work and play in the UK! So we're celebrating their success at the *Eastbourne Business Awards (EBA)* on **November 29th, sponsored by **BRUFORDS**, jewellers in Eastbourne since 1886.**

And our host this year will be..... (drum role)..... Helen Lederer! So make sure you book your tickets for the big party!

Helen Lederer is best known for her role as Catriona in six seasons of *Absolutely Fabulous* including the feature film of the show, alongside

Jennifer Saunders, Joanna Lumley, Dawn French and Kathy Burke. She is an actor and comedienne and is a recognised specialist at hosting business awards.

Tickets go on sale on September 1st, just *Google* the *Eastbourne Chamber* website and book your place.

So join our MP, Josh Babarinde, local councillors and council officers and local business people and Chamber members to celebrate the best of the best.

Whether you are a sole trader or a multi-national company, these business awards highlight the exemplary achievements of individual business people and the collective impact of our joint business community.

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Helen Lederer. Photo: Steve Ullathorne.

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For more information visit:

eastbournebusinessawards.co.uk

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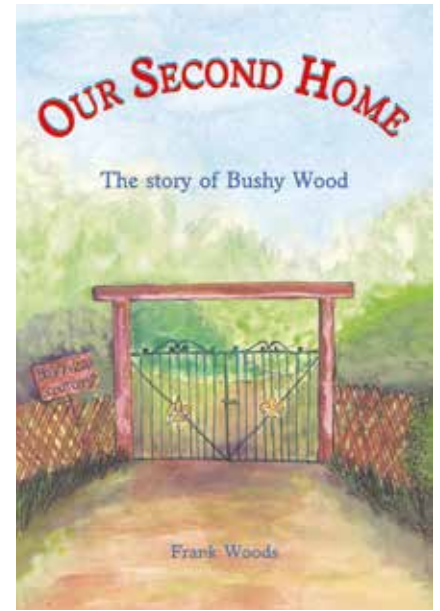
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*These very special rates are only available if you are over 60 years old. Minimum spend for a free home visit is £95. Our normal price for a standard single Will is £150, or £250 for a couple. VAT, when applicable, is included in these prices.



Frank presents books to David Hall (left) and Chris Backhurst (right).



'Our Second Home' – 60 years of Scouting

FRANK Woods has served local Scouting for more than 50 years.

By **Peter Lindsey**

Now he has written, designed and produced a book detailing the history of *Bushy Wood Scout Campsite on the A22 at Hailsham.*

It is aptly entitled '*Our Second Home*' due to so many of the site's voluntary workforce spending so

much time there that they often referred to it as such.

Frank was a Cub and a Scout before taking on roles as a Leader and Commissioner for over 50 years.

Mammoth task

This lifetime of local Scouting and record keeping provided all the material needed to produce the book – a task which has taken over 20 years!

Discovering Bushy Wood

The two Leaders who "discovered" *Bushy Wood* were Group Scoutmaster Ronald Backhurst and Cubmaster Harold Hall, both attached to the *4th Eastbourne Scout Group* where Frank began his Scouting.

The book provides a chronological record of the developments of the site and the people responsible for the work, as well as the many special

events that have taken place there over the past 60 years.

Dedication

The book is dedicated to Ron and Harold and Frank was delighted to present the first two copies to their sons Chris Backhurst and David Hall for their families.

Frank and his wife Julie have bequeathed the books to *Bushy Wood*, meaning that all the money raised from sales will directly benefit further development of the site.

'*Our Second Home*' is available direct from the onsite *Bushy Wood* shop, either in person or online via the website.

**Bushy Wood Scout Camp
Main Road, Hailsham BN27 3LZ
www.bushywoodtreetops.co.uk**

Tattoo for charity

ON Saturday 21st September *Last Horizon Tattoo* will be holding their first charity day raising funds for vital research into mesothelioma for *Mesothelioma UK*.

By **Gail McKay**

It's in memory of owner Phill's dad, Dave. They will be taking regular appointments and walk in appointments doing tattoos with the proceeds going to the *Mesothelioma UK* charity.

Do pop in for a cupcake, make a donation and even get yourself a tattoo for a good cause!

Last Horizon Tattoo opened by Phill and Hannah in January this year on

Polegate High Street, and was made possible because of Dave. He sadly passed away of mesothelioma last year before seeing the studio open.

Co-owner Hannah Sibley said, "This is our way of giving back to the people that supported us and Dave."

More information and designs can be found on their *Facebook* and *Instagram* pages at: **@lasthorizontattoo**

**Last Horizon Tattoo
85 High Street, Polegate
East Sussex BN26 6AE**

**www.lasthorizontattoo.co.uk
01323 301411**



Phill and Hannah.



Dave.



Amanda's fight back

AMANDA Goodsell is one amazing woman.

By **Peter Lindsey**

She works as a Travel Consultant for Hays Travel in Terminus Road, Eastbourne, but back in 2017 she was seriously ill with kidney failure.

One year later and she underwent a kidney and pancreas transplant at *Guy's Hospital* in London.

Move forward to this year, and Amanda, 41, has just won bronze in the 100m freestyle at the *British Transplant Games* in Nottingham.

Amanda was part of *Team Brighton* and this was the first time she has taken part in the Games.

She said: "It was a celebration of being able to do something and that you are still alive.

"It was an incredible experience. There were people taking part of all ages – the youngest was four and the oldest 82.

"The atmosphere was just amazing. It was uplifting to hear stories of what other people have been through, needing a transplant to recover. It was very upbeat.

"There were around 2,500 people there in total, including live donors and families of deceased donors.

"I loved the swimming and it was obviously great to win bronze."

"Just being there and taking part was the most important part of it all. I wasn't sporty in any way before this.

"I started going to *Bannatynes* and worked with a personal trainer.

"I'm having to have a foot operation at the end of the year but I am determined to be at the Games again in 2025. It's going to be archery and darts this time."

Amanda acknowledges the great support she has received from husband Mike.

"We met eight years ago – and six weeks later, I found out I needed a transplant. He's been there for me ever since.

"I love life and the only negative thing now is that I do get tired. Other than that, I'm very lucky I live a normal life, and I'm so grateful for that."

And her final message: "I want to raise awareness of how important it is to be an organ donor."

Providing much-needed support

TUCKED away in Hampden Park is the *Willingdon Trees Community Centre*.

By **Peter Lindsey**

And it's doing some amazing work for local families needing support.

Ellen Ludford is one of two staff working for *The Trees Community Association* charity.

She said: "We do anything that we can to support the local community – and that is so important in what are tough times.

"We rely on volunteers. We do have about 20, and they are all absolutely marvellous, but we would welcome more. Please pop in and talk to us."

It's a busy schedule:

- Monday is Toddler Allotment – a gardening focused playgroup for pre-school and home-schooled children.
- Tuesday is Little Trees baby and toddler playgroup, with a focus on early years learning.
- Wednesday is an open-to-all session between 9.30am and 11.30am with free jumble sale and a community breakfast (suggested donation £1 per person).
- Thursday is typically not a staffed day but during the school holidays, there is a Family Cafe (HAF) for local families.
- Friday is social club for over 55s with a whole host of activities (such as bingo, bocchia and pub style quizzes) to help combat social isolation. Plus Youth Clubs run on three out of four Friday evenings per month.

The centre is also hired out to various groups during the week and is available for private hire for parties, meetings and other community events at a low cost.

Ellen said: "What we provide is so important because Willingdon Trees remains in the top 20 areas across the country for deprivation.

"We also have a *Community Fridge & Pantry* here, where people can come in and buy 10 selected food items for a suggested donation of £2.

"We have just launched our *Community Cinema* – It's only £2.50 and we have a popcorn machine for that authentic part of the experience. The next showing will be in October.

"We want to support children and adults – all families. People are really struggling and we want to help as much as we can. All of our groups are dependant on volunteers and we always welcome more people who want to help their community."

Fundraiser

A fundraiser for *The Trees Community Association* is taking place on September 29th from noon until 4pm.

Ellen said: "Please come along. There will be a litter pick of Holly Park beforehand, then we will have a BBQ, bouncy castle and a host of games, tombolas and a raffle."

Her message is clear – "We need more volunteers! And please support us on September 29th to help us raise vital funds to keep all our activities running."

You can also donate via their *Go Fund Me*: <https://gofund.me/cc4eb0d6>

Ashley's £4k donation to animal charity

BRUFORDS has donated £4,000 to the *Raystede Center for Animal Welfare* based in Lewes.

By **Peter Lindsey**

Mikayla Bernstein from Raystede visited Brufords Jewellers – The Beacon, Eastbourne to meet owner and managing director Ashley Pugh.

Raystede is an animal welfare charity and rehoming centre.

Ashley said: "At Brufords, we are extremely proud of relationships



Ashley with Mikayla Bernstein from Raystede.

with several local charities and organisations including Raystede.

"Our donation of £4,000 will help them continue their wonderful work, contributing towards the centre's educational programme.

"This money will be used to run two family learning days, which take place twice a week during the school holidays.

"On these days, where general visitor numbers are reduced to avoid stress to the animals, visitors can enjoy a

range of activities based on themes which reflect current animal welfare issues, including learning trail, crafts, a film show, and animal care talk.

"With no government funding, *Raystede* relies entirely on donations, and with a cost of approximately £2.5 million to provide their services, we are delighted to support this incredible cause."

For more information on *Raystede's* family learning days, visit its website www.raystede.org



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St Mary welcomes Arwen

MEET Reverend Arwen Folkes – the first female Vicar of Eastbourne.

By **Peter Lindsey**

And she's determined to make a real – and positive – difference to our community.

She comes to *St Mary's* in Old Town after five years as Rector of East Blatchington and Bishopstone in Seaford.

Before that, Arwen, 47, worked as a Curate in Cornwall – and was at one time an approved prospective Parliamentary Candidate for the LibDems.

She said her three top priorities are:

1. **Communication**
2. **Listening to the community**
3. **Building positive relationships.**

Arwen said: "It was only 30 years ago that women priests were first ordained, and I am honoured to be the first female Vicar of Eastbourne.



"It is a very exciting time for both myself and my family. There is so much to be done, and I hope to be making a real difference.

"St Mary's is the ancient civic church of Eastbourne. She is a most glorious building with a welcoming community in a wonderful town."

Arwen was licensed by the Bishop of Chichester, The Rt. Rev'd Dr Martin Warner, in a service attended by nearly 300 people, including civic and community leaders.

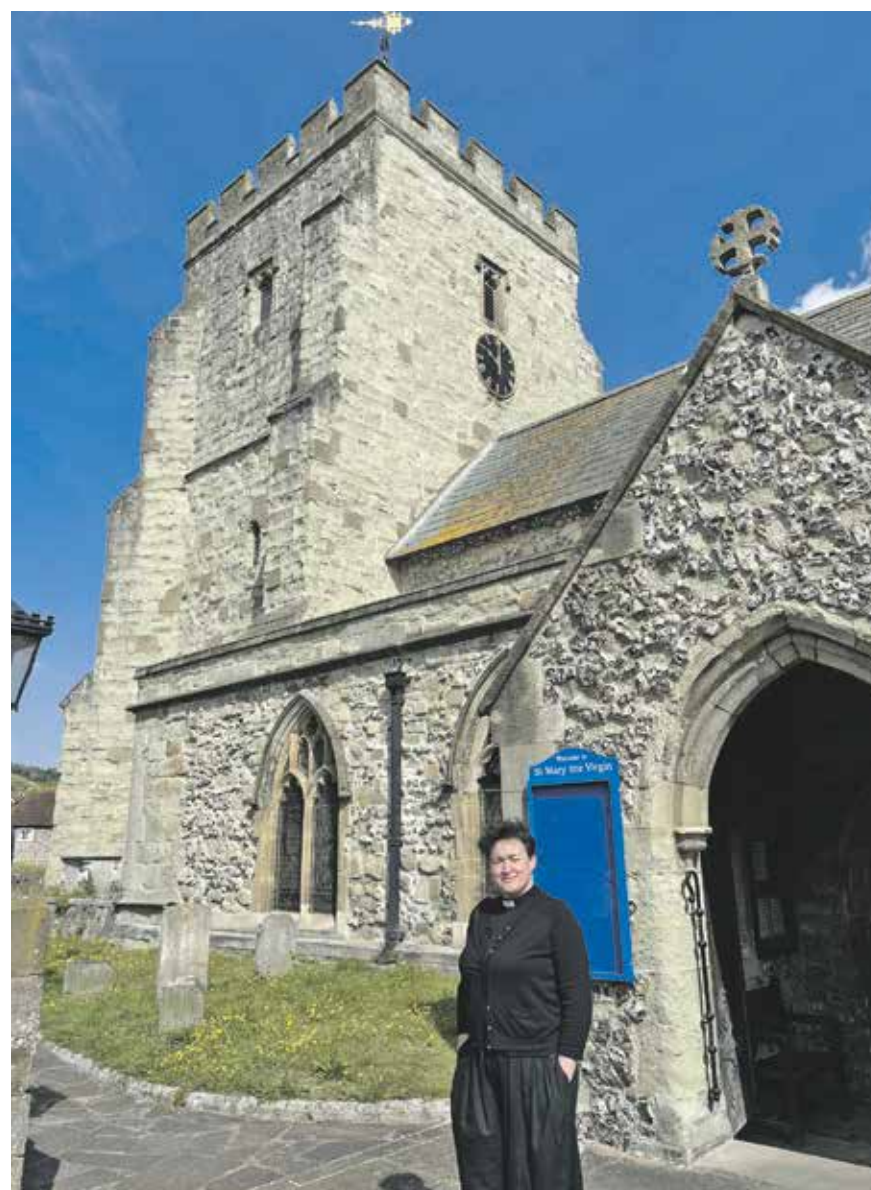
Arwen was brought up in a Roman Catholic family in Cornwall. She spent her first nine years at *The Lizard Lighthouse* where her father was a lighthouse keeper. Later on she lived and worked in Truro and North Cornwall which is where she met her husband and they welcomed their three children. During that time Arwen was a district councillor and set up the Cornish Social Enterprise '*Real Baby Milk*'.

The calling

Arwen said: "I was called back to the church by the sound of bells. I had a calling to be a priest."

There followed three years of training at *Westcott House* in Cambridge, before being a curate back in Cornwall.

"I then had an immense calling to be in Sussex. It was where I am meant to be, and I had a sense of longing for the people here.



"I had five amazing years in Seaford. It was challenging, especially with Covid, but community leadership really shone through. There were a huge number of volunteers when we needed them most – some amazing partnerships were created. We had to pool our resources, and our faith in humanity was restored and faith in God strengthened.

Mother church

"I then felt the calling to come to Eastbourne. We love the town and *St Mary's* was built in 1054, it's the ancient mother church of Eastbourne.

"I am so honoured to be the parish's first female Vicar and breaking new ground. The Church of England exists for everyone in its community. The church really is there for everyone. Our doors are open every day, if ever people want to find a space to think, pray or reflect.

"The church expresses a faith that makes her ready to serve, to 'love thy neighbour' and community leadership is vitally important in expressing this. I hope to build good partnerships, to be visible and easy to reach.

Make a real difference

"I'm hoping to work to break down any barriers there may be between people and their parish church. I'm particularly aware that loneliness, economic inequity and intolerance is a problem in our society, and I hope that my ministry here will make a real difference."

To contact Arwen, email Vicarofeastbourne@gmail.com

“

I then had an immense calling to be in Sussex. It was where I am meant to be, and I had a sense of longing for the people here.

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A new era for Motcombe Pool

MOTCOMBE Pool in Old Town may remain closed – but there is still hope.

By **Peter Lindsey**

The pool sadly shut during Covid lockdowns after more than a century at the heart of the community.

The *Motcombe Community Pool Community Interest Company* aims to revive the *Pool House* building as a wellbeing and health hub with a plan to eventually re-open the pool itself.

It is applying for capital grants of up to £3 million to restore the atmospheric building opposite *Motcombe Gardens*.

A survey which attracted 328 full responses revealed strong support

for therapy-based activities to support mental and physical health. It also highlighted the need for the pool to be accessible for minority or vulnerable groups such as those with physical disabilities, the neuro-divergent and the culturally diverse.

Meanwhile, a community fundraising day of music, history, yoga and laughter brought people together in the Old Town to celebrate historic *Motcombe Pool*.

Life returned to the pool house as dozens of people gathered for storytelling over tea and cakes, swapping tales about the much-loved Edwardian building.

There were echoes across the decades as young families and those

with longer memories of the pool came together.

One hundred years ago, the pool had been open for 20 years. Jack Stoneham, the chief attendant, swimming coach, lifeguard and boiler stoker, had to change the 45,000 gallons of water in the pool twice a week. He was paid £2 a week.

Helen Nichols, chair of *Motcombe Community Pool Community Interest Company*, told the gathering: “Here we are, 100 years later, and it’s a very special day: everyone’s presence today is helping us to get closer to reopening the pool.”

Tales from the pool

Among friends attending the event were people with lasting memories of swimming in the 17-metre pool and its lifelong legacy.

Pat Webb, 79, who lives in Star Road, was in her first year at *Bedewell Secondary School* (now *Bishop Bell*), which was on Whitley Road at the time, when she started lessons at *Motcombe*. Pupils took double-decker buses to the pool.

Her mother was scared of water and had never taken her swimming. “There was not much room between the changing rooms around the edge of the pool and the water. I was petrified, to be honest!” said Pat.

“But when I had my daughter, I was determined she would not be afraid of the water. Both she and her daughter are not frightened of water.” (Poolside cubicles were superseded coinciding with removal of slipper baths in the early 1950s).

Sandra Morley, 78, said: “I do miss it terribly. It was so lovely and warm in there.” She found it a huge help in easing her arthritis. “It would mean the world if it re-opened.”

A rich history

Local historian Warwick Davis has uncovered details of the history and the people who maintained this community hub.

In 1905 apprentice Albert Larkin joined the original caretaker John ‘Jack’ Stoneham. Albert went on to serve as Baths Attendant for more than 40 years, living in the house with his family, before retiring in 1951 with a grateful letter of thanks from the council.

Warwick sat in what had been the Larkin family’s living room to share quirky details about the *Old Town Corporation Baths*, as first listed in the Town Directory of 1906. On inspection in 1928, the water was described as having a blueish tinge. This was explained by people attending the pool in “a fit of the blues”, which they left behind after a swim.

It was also suggested that, because people had such a good time in the baths, it was the perfect place for studying the psychology of laughter.

And there were hair-raising tales of dubious hygiene. Before filtration and chlorination was installed in 1952, the 45,000 gallons of often murky water in the pool had to be replaced twice a week with water from two wells fed by the nearby Bourne stream.

A new future

Earlier this year, the *Pool House* was used to host a six-week series of arts workshops as part of the ‘Eastbourne Alive’ project inspired by the *Turner Prize*, hosted by the *Towner* gallery, aimed at sparking creativity across the community.

In March last year, in collaboration with *East Sussex College* media students, the *CIC* launched the *Listening Project*, recording stories and recollections of social history through three generations of Pool Family swimmers.

You can connect with the Motcombe Community and find out more about plans and progress towards a new sustainable future for the Pool at www.motcombepool.org or email cic@motcombepool.org



A night at the musicals

CHERRY Dance Company are putting on 'A Night at the Musicals' – an enchanting evening of entertainment for a very special cause.

By **Gail McKay**

This event is organised in loving memory of someone very dear to Cherry Dance and to raise funds for the Samaritans; a charity dedicated to providing emotional support to those in need.

Holly has been a member of *Cherry Dance* since January 2019 and in October 2022 tragically and

very suddenly lost her partner, Ceri, to suicide.

Holly said, "I knew very early on that I wanted to do something incredible to honour his memory and remember the amazing man that I had been lucky enough to be with. Ceri had always been extremely open about his mental health struggles and an advocate for raising awareness on men's mental health in particular. *The Samaritans* was an obvious charity to support.



"Ceri was an exceptionally talented musician who had a huge impact on everyone who knew him, and we hope that you will join us in celebrating his memory to a night of unforgettable entertainment filled with love and laughs!"

This spectacular event will take place on 19th October 2024 between 7:30pm and 10:00pm at *The Hippodrome* in Eastbourne, and promises a night filled with cabaret, burlesque, boylesque, circus, and singing. It will feature iconic numbers from musicals such as *Moulin*

Rouge, Burlesque, and the Rocky Horror Picture Show.

The team are also looking for sponsorship so please contact them directly if your company would like to be involved. Cheryl Cooper cherrydance@hotmail.co.uk

Tickets are £25.

<https://royalhippodrome.com/event/cherry-dance-a-night-at-the-musicals>

Book tickets online or call the box office on **01323 80 20 20**



EASTBOURNE SENIORS FORUM



LET'S CELEBRATE OLDER PEOPLES DAY 2024

Thursday 3rd OCTOBER 2024 2:00pm – 4:15pm

at St Saviours Church Hall, South Street, Eastbourne BN21 4PA



Stephen Dunnett
Repertoire covers crooners to musical theatre, Rock & Roll and classic 50s and 60s music.

A chance to socialise and meet up with other Forum Members
Come along and join us for **AN AFTERNOON OF MAGIC, COMEDY AND SONG** with **MARCO the MAGICIAN** (Member of the Magic Circle) and **STEPHEN DUNNETT – Vocalist.**

Tickets £3.00 booking essential (limited spaces)

TRANSPORT
The church hall is within walking distance of the Town Centre or No's 3 or 4 bus from the station to the bottom of South Street. Limited parking is available at venue and off street parking.

CATERING
This event is catered and cost includes cake, tea/coffee.

CONTACT
To reserve your place and book please contact:
Gill Morris (Secretary) ESF
Email: gill.morris518@btinternet.com Telephone: 01323 722256



Marco
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Wilf Week 2024

celebrating our community



St Wilfrid's Hospice

Wilf Week, the annual awareness and fundraising week for St Wilfrid's Hospice, is taking place from **19th to 27th October.**

This year we are focussing on hospice care in our communities. From Eastbourne to Seaford, Heathfield to Uckfield, Hailsham to Polegate, and all points in between, St Wilfrid's is there for everyone in the local area who needs us.

This is thanks to an amazing community of people who have supported us for over 40 years.

During Wilf Week we will be celebrating our wonderful community: with stories, an art exhibition, and a special walk that will link up every part of our catchment area.

We are also asking individuals, groups and businesses to hold their own Wilf Week fundraising events to ensure our communities can benefit from expert end of life care for years to come.

What will you do?

Hold a fundraiser

Take inspiration from these pages, or get in touch for help and advice.

Join us for Scone Day

Visit The Street Café on 24th October and enjoy our selection of scones, or host your own Scone Day event.

Bid in the art auction

Art will be on display at the hospice throughout October.

Join-the-dots

Join us on a special walk celebrating our local communities.

Get your business involved

Strengthen your business's connection to the community and help raise vital funds for local hospice care.

Shop local

Visit your local St Wilfrid's shop during Wilf Week and enjoy a 10% discount.

Something else?

The possibilities are endless. There is plenty of inspiration in this leaflet, but if you fancy doing something else get in touch and we can help you on your way.

Get in touch

 01323 434224

 fundraising@stwhospice.org

 stwhospice.org/wilfweek

Registered Charity No: 283686





Digifest selling like lightning

EASTBOURNE DigiFest 2024 is taking place on October 10th – and tickets are selling fast.

By **Gail McKay**

Lightning Fibre has been named as the latest sponsor of this year's event at The Kings Centre.

Lightning Fibre, the local full-fibre broadband network for East Sussex, is a proud supporter of local charities and initiatives.

"We're proud to play our part in the local digital economy," said Rob Reaks, CCO of Lightning Fibre. "DigiFest brings together the creative and tech communities for a vibrant, jam-packed day. Lightning Fibre is proud to sponsor DigiFest 2024 and exhibit and speak this year."

The venue for DigiFest 2024 has changed from The Welcome Building to The Kings Centre (BN23 6PT). The Kings Centre offers excellent facilities, great access, and a welcoming atmosphere, ensuring an outstanding experience for all attendees.

Lightning Fibre joins a roster of esteemed sponsors, including Switchplane, Bexhill 6th Form College, Southern IT Networks, The University of Brighton, Skills East Sussex, Vistage, DabApps and Calibre Marketing.

Would-be attendees should book soon, though – tickets are selling fast for the opportunity to connect with industry leaders, discover innovative technologies, and gain valuable career insights. Book today before it's too late.

DigiFest 2024 takes over The Kings Centre on Thursday, 10th October 2024, exploring the transformative power of technology and creativity and their impact on business and society. Book your tickets today at www.eastbournedigifest.com Potential sponsors or exhibitors, please email: hello@chalkeastbourne.com

Eastbourne DigiFest is a not-for-profit event that provides a gateway to the exciting world of creative, digital, and tech industries. This one-day event on 10th October 2024, offers valuable opportunities to network, learn, and explore the latest trends. Delegates can attend insightful talks and workshops covering AI, digital marketing, startups, and e-commerce, discover innovative businesses at the exhibition, and build connections that could shape their careers.

CONVEYANCING

by

KATIE STRUTT

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Brian and Donna experiencing the lemurs.

Image: Eddie Howland.

Come and see the lemurs at Knockhatch

***KNOCKHATCH Adventure Park* has unveiled its stunning new ring-tailed lemur enclosure, officially opened by the Lord-Lieutenant of East Sussex.**

By **Peter Lindsey**

The event marked a significant milestone for the park, showcasing its commitment to wildlife conservation and further expanding its open air enclosures in the *Jungle Kingdom Zoo*.

The ribbon cutting took place under a unique lemur inspired black and white balloon arch provided by *Sweethearts Party Boutique* in Hailsham.

The state-of-the-art enclosure offers a stimulating environment for the park's beloved ring-tailed lemur family. The troop recently gave birth to extremely rare twin lemurs. Guests can now enjoy a closer look at these fascinating primates as they swing across the ropes and sun worship on the roof of their Cessna airplane in their open air enclosure.

Knockhatch invited *Mortain Place, Eastbourne*, to have their own lemur experience and to test the accessibility of new enclosure.

Resident Bernard Ransom said: "We have done a lot with *Knockhatch* and felt very privileged to be invited to the opening of the new lemur enclosure."

Doreen Ramscar said: "The lemurs love sweet potato, he came on my lap and ate loads, so friendly."

Zoo Manager Ben Anderson said: "The ring tailed lemurs will provide us with a wonderful opportunity to demonstrate our commitment in educating our visitors in the plight the Madagascan ecosystem as well as ensuring ring tailed lemur numbers increase. Since their arrival five infants have been born at *Knockhatch*."

www.knockhatch.com

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Coming soon at Towner Eastbourne

IN association with Emma Mason Gallery:
Robert Tavener 'Shape Pattern Colour': The Art of Printmaking.

19TH SEPTEMBER TO 3RD NOVEMBER. Admission is FREE.

Spanning the career of artist Robert Tavener (1920–2004) this exhibition brings together a range of lithographs, linocuts and illustrations drawn from the collections held by Towner Eastbourne and Emma Mason.

A prolific printmaker, Tavener was inspired by his surroundings in London and Kent where he lived and worked in his early career, and the Sussex coast and South Downs following his move to Eastbourne in 1953, a place he loved and where he lived for the rest of his life.



Robert Tavener, *Cliffs & Foreshore, Seven Sisters*, 1970. ©The Artist's Estate. Towner Collection.

Tavener was appointed Head of Printmaking at *Eastbourne College of Art*, setting up a thriving and highly respected department, at the same time producing illustrations for children's books and completing commissions for *London Transport*, *Shell*, the *BBC*, and the *Radio Times*. In 1958 he was invited to illustrate the diary for the *Kynoch Press*, following in the footsteps of fellow Eastbourne artist Eric Ravilious.

interpretation of the richness and beauty of the landscape and architecture through shape, pattern, texture and design.

An exclusive pair of limited edition prints of Tavener's work from the exhibition will be available to purchase in the Towner Shop during the exhibition.



Tavener's prints are varied, bold and colourful, always a personal

THE Bavard Bar

A delightful blend of TED, comedy & Radio 4. Sort of.

WEDNESDAY 11TH SEPTEMBER, 7:30pm (doors 7:00pm)

Come along to *The Bavard Bar* and hear three regular people share their passions for about 15 minutes each.

Bond theme on Kazoo, you never know what (or who) you're in for as passions (and speakers) are kept secret until the night.

Accompanied by the original music of *Piano Man Dan*, themed around the night's conversations and interspersed with audience wild cards, including the *KP Lite challenge*, *Oojah Kappivvy* and brand new feature *Make it Stop...*

A night of non-stop intrigue, with the exception of not one but two short intervals. All compered by your host, MC Tim B'vard.

From meteorite hunting to crop-circles, circuit-bending to the James

Past speakers have included Robin Ince, Professor Simon Schaffer, Dr Ljiljana Fruk, Cole Moreton and David Bramwell.

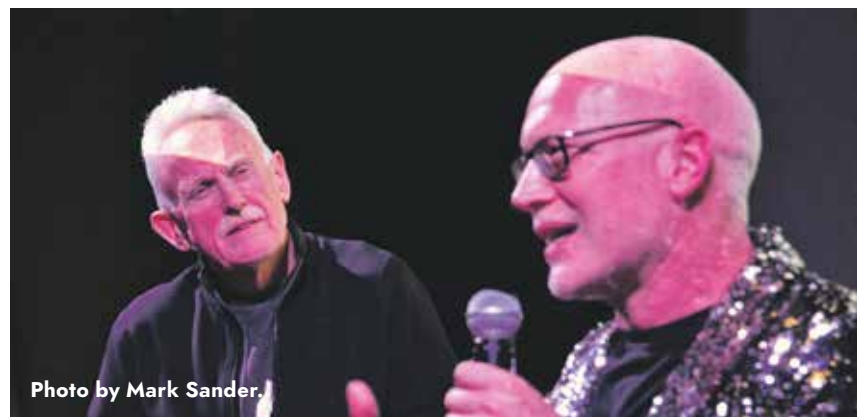


Photo by Mark Sander.

BLUE Monkey Network: 4x10

Studio 1 (Ground floor)

THURSDAY 19TH SEPTEMBER, 6:00pm–8:00pm (talk 6:30pm–7:30pm)

Blue Monkey Network are delighted to be running a new and improved event where four artist members will deliver a short 10 minute talks about their practice.

be showcased, demonstrating the diversity of the artist network including painters, ceramicists and sculptors.

This Pecha Kucha style event, previously run as 5x5, gives you the opportunity to get to know more about the work and inspirations of *Blue Monkey Network* members, providing opportunities to discuss, network and potentially collaborate. As usual, an eclectic mix of artists will

This talk is free for *Blue Monkey Network* members and £5 to non members. All welcome, tickets available on the door.

Supported by *Towner Eastbourne*, who host most of the events, *Blue Monkey Network* runs regular monthly events to promote the exchange of ideas, information, and knowledge between artists, curators, and arts organisations.





For that early morning cuppa.
For when '7 across' has you stumped.



For peace. For quiet.
For when a custard cream tickles your fancy.



For a hand to hold when it all feels too much.



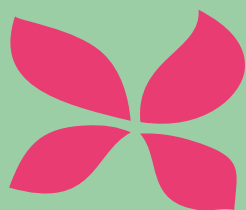
For when you fall in love, again.

For that fit of giggles after a serious chat.



For "namaste".
For that homely feeling, even though you just moved in.

For every moment, we're here.



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What's on

A SELECTION of the best of Eastbourne this month.

By **Gail McKay**

Live Music

Lamb Inn

36 High Street
Old Town BN21 1HH
01323 720545

Fri 6th Sept – Grand Benali.
Fri 20th Sept – Owen Donovan.

Crown & Anchor

15–16 Marine Parade BN21 3DX

Fri 6th Sep – Brotherhood.
Sat 7th Sep – Pat Butchers.
Fri 13th Sep – Dr Funkenstein and the Sound of the Revolution.
Sat 14th Sep – ScallyWag.
Fri 20th Sep – Iron Tyger.
Sat 21st Sep – Black River.
Fri 27th Sep – Watson Brothers.
Sat 28th Sep – 808.

Under Ground Theatre

@ The Venton Centre

Junction Road BN21 3QY

www.undergroundtheatre.co.uk

Sat 7th Sep – Christine Halpin & John on Cajon + Derry Green.

Sat 14th Sep – The Jam Busters.

Sat 21st Sep – Joseph Peters + Cadence Purl.

Sat 28th Sep – Neil Grove + Al Neville.

10am (doors 9:30am) to 12 noon.

FREE ENTRY

Refreshments Available.

Quizzes

Lamb Inn

36 High Street, Old Town,
Eastbourne BN21 1HH

5th & 19th Sep – 8:00pm.

Max six people per team.

£2 per person. Special Quiz menu.

The Crown & Anchor

Weekly Charity Pub Quiz

15-16 Marine Parade BN21 3DX

Every Thursday at 8:00pm.

£2 per person. Half the proceeds go to charity and half to the winning team.

The Bohemian

10 Compton Street BN21 4BW

Tue 3rd Sept – 8:00pm–10:00pm.

Comedy

Salt Water Comedy

Frontier Bar, Grove Road

Thu 19th Sep – Headliner: Glen Wool. Support: Naomi Gee, Brad Jon Kane, Jacob Laing, Simon Dooley.
Doors: 7:00pm, Start: 8:00pm.
Tickets £7 at www.tickettailor.com

Markets

Community Wise Village Market

Ocklynge Road BN21 1PY

Sat 28th Sep 10:00am–12:30pm
food, crafts, giftware plus Bargain charity shop 'Wise Buys'.

East Dean Village Market

(every Wednesday)

10:00am – 1:00pm outside.

10:30am – 1:00pm inside.

Cafe open until 1:00pm.

Farmers and Street Market

Terminus Road (Between Barclays and Halifax).

Every Wednesday and Sunday

9:30am – 4:00pm

Seafront Market

Eastbourne Seafront.

5th Sep – 8th Sep.

Walks

Free Guided Walk

Outside Eastbourne Lifeboat

Museum, Grand Parade BN21 4BY

Free guided walks along Eastbourne Promenade.

1st Sep, 11:00am – 12:30pm.

15th Sep, 11:00am – 12:30pm.

Free Guided Walk Around

Historic Meads

Outside the Helen Garden tea

chalet, The Helen Garden, King

Edward's Parade BN20 7XL

5th Sep, 2:00pm – 3:30pm.

Enjoy a leisurely guided walk around Meads with local guide, Kim Adams, including the Italian Gardens, St John's Church, Meads Village and the wonderful mansion houses 'where the Downs meet the sea'.

We want to work with local schools!

A VISITOR attraction is looking to work with schools for the 2024–2025 education year.

By **Peter Lindsey**

Sharnfold Farm – based at Stone Cross – has put out this appeal to schools based in East Sussex:

"Here's a chance to incorporate a visit to *Sharnfold Farm* into your 2024/2025 curriculum for an enriching experience.

"We offer fantastic opportunities for nurseries and school within our farm trail.

"Students can learn about animals and explore the seven areas of learning.

"Our farm trail promotes physical development, helps children understand the world through farm life and encourages imaginative play."

Sharnfold has been running a summer promotion where you pay once and return as many times as you like throughout the holidays for FREE.

Go to: sharnfoldfarm@thefamilyparksgroup.co.uk

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International Award for Mental Health Charity Holding Space

Acquisition International Magazine has chosen Holding Space as a winner in its 2024 Non-Profit Organisation Awards.

The Eastbourne-based charity beat stiff competition to take the Best Family Mental Health Charity 2024 award.

The award citation praises the work of Holding Space, saying: *“The importance of the charity’s model really shines through. It underpins the fact that addressing parental health concerns is as crucial for a child’s development as recognising their own, as only together can families face up to these challenges and yield positive outcomes.”*

“Holding Space remains committed to its belief that no child or young person should have to wait for

mental health support,” Acquisition International added. *“The charity is seeking to partner with companies through sponsorship and fundraising.”*

Holding Space Chair of Trustees, David Norris, said he was delighted for everyone involved with Holding Space to have won the award and the profile it would give the charity in the international business community.

“Our Chief Executive, Hansa Raja, and the Trustees are keen to involve the business community in our future plans, so this award is very timely,” David said. *“We are actively seeking business involvement both locally and nationally so that we can continue giving great support to parents of children and young adults.”*

Hansa explained that the award was given solely on merit: *“The organisers chose the winners for their ingenuity and hard work. I am thrilled that Holding Space has taken this award for the second consecutive year.”*

Holding Space supports parents/ carers whose children are struggling with their mental health. The charity offers a safe space for people to come together and know that they are not alone.

Awards organiser Acquisition International Magazine covers a broad spectrum of topics aimed at business leaders in the UK and around the world. Subjects include strategic planning, leadership development, market trends and sustainability.



PRG Soars with Sport Impact Summit and Airbourne



Eastbourne’s leading full-service marketing agency, PRG Marketing Communications, has been working locally with a global reach as it partners with Sport Impact Summit and Airbourne – making the world, and the town, a better place.

Sport Impact Summit, a pioneering event series that aims to unite world-class athletes, sport teams, scientists and commercial leaders, focussed on creating a more sustainable, healthier world for the future.

Working alongside local powerhouse Identity on this international event, PRG has produced the summit series’ website and is supporting with ongoing PR, social media and creative initiatives.

For the 10th time, PRG is proud to have produced Airbourne’s Programme. Using its marketing and design expertise, the agency

produced the 30th anniversary programme, promotional literature, daily flying times and other promotional material on a pro bono basis as Programme Sponsor to keep Eastbourne flying high.

The airshow is the town’s premier tourist attraction, welcoming over 750,000 visitors from all over the globe and contributing greatly to the local economy.

Simon Groves, PRG’s Managing Director, said: *“We’re proud to support such impactful events that not only bring global recognition to Eastbourne but also contribute meaningfully to our community.”*

“Our work with Sport Impact Summit and Airbourne allows us to showcase the best of what our town has to offer while playing a part in creating a brighter future both locally and internationally.”

To find out more, visit prgltd.co.uk

New Members for August

A Star Enterprise Ltd T/A.Creams Cafe /VR Games Hub • British Heart Foundation (Eastbourne) • Luxscapes Group • CCM Interiors Limited • ReDiscover Coaching & HR Consultancy • CH Conveyancing Services Limited @ Setfords • Spitfire Tribute • JCM Advisors • Madison Web Solutions • D&L Blinds

The Chaseley Trust: empowering people with disabilities to lead full and active lives

The Chaseley Trust was founded in 1946 to support military personnel returning from the Second World War with spinal and brain injuries. Chaseley has grown into one of only five charity-owned UK facilities specialising in neuro-disabilities.

Nestled in a majestic, 136-year-old house on the Eastbourne coast, Chaseley is now home to 55 long-term residents and numerous out-patient clients facing complex disabilities.

Each resident has a unique story. Imagine a successful jockey

whose career was cut short after being kicked in the head by a horse. Or a football fan who fell down the arena steps during a family outing, a talented musician battling the advanced stages of MS, and a young entrepreneur whose life was forever changed by a head-on car collision. These stories represent the diverse individuals who find support at Chaseley.

Chaseley's approach is holistic. They offer comprehensive care and individualised rehabilitation, including physiotherapy, speech therapy, and various social and recreational activities.

The Chaseley Trust is always on the lookout for new volunteers to join their community. Whether you'd like to assist with activities or simply sit and watch the sea with one of their residents, your support can make a world of difference.

Chaseley Trust's ethos is to empower people with disabilities to lead full and active lives despite their challenges.

If you're interested in volunteering or learning more about their work, get in touch today.

For more information please visit: chaseley.org.uk



Two of the original "Chaseley Boys" celebrating. In the reflection, you can see one of our residents today

FREE programme to support community minded start-ups in Eastbourne

Join Edeal for a free one-day workshop designed to assist aspiring and early-stage social entrepreneurs. The workshop will focus on developing a clear vision, mission and purpose for your social enterprise, providing you with the foundation needed for success. Additionally, you will have the opportunity to access free 1-2-1 mentoring with an Edeal business expert after the workshop.

What is a Social Enterprise?

A social enterprise is a business that aims to shape positive change in the

world. It puts the interests of people and the planet ahead of shareholder gain. These businesses are driven by a social/environmental mission to create positive social change.

Outcomes of the workshop

- Gain a clear understanding of what a social enterprise is and if it's right for you
- Have a clear outline of what your idea would look like as a business trading for profit for a social or environmental mission
- Have a clear idea of what social and environmental changes you

will make and how the impacts will be measured.

- An understanding of what is involved in setting up and running a social enterprise
- Networking opportunities. Engage with fellow participants and exchange ideas. Foster connections with like-minded individuals who share your passion for social entrepreneurship
- You will receive a comprehensive resource pack that includes information on available support for social enterprises at both the local and national levels

Who can attend?

Any resident living in the Eastbourne Borough Council area who has recently started running a social enterprise/community interest company, or any Eastbourne resident with aspirations to start one.

To register, search 'Edeal' on Eventbrite

This workshop is delivered in association with Eastbourne Borough Council. It is funded by the UK government through the UK Shared Prosperity Fund.

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!

SOLAR SIMPLIFIED

From the basics, to making the most of your solar panels





Venue: Court Room, Town Hall, Grove Road, Eastbourne BN21 4UG

Wednesday 21st August Refreshments provided

18:00 – 20:00

TO BOOK YOUR FREE PLACE

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For more information visit: www.energisesussexcoast.co.uk
Contact: kate@energisesussexcoast.co.uk or call: 01424 390 062



Mandy with MP Josh Babarinde OBE.

Pride in 2025

WITHOUT doubt, it was absolutely the best!

By **Peter Lindsey**

- *Fishermen's Club*
- *Plan Ahead* in Commercial Road
- *Da Vinci Hotel*
- and *The National Lottery*.

That's Eastbourne Pride 2024.

More than 3,000 people enjoyed the summer fun at *Princes Park*. There was a parade from *Eastbourne Pier* to start the day, and an after-party at the *Fishermen's Club*.

BUT

It takes a lot of time and effort to make it happen – and Mandy, Betty and Stephen – the main three organisers – want our help to make 2025 happen.

Mandy said: "It was an amazing day. There were so many smiling faces, people had a great time and it was so busy. I want to thank everyone for their support.

"In many ways, it couldn't have gone better. But now we need to make it clear to people that it's not a council event, it's run independently.

"The cost to stage *Eastbourne Pride* each year is around £34,000. That includes all our costs, including paying to hire *Princes Park*."

Mandy, Betty and the team were grateful to the supporters this year, including:

- *Mayo Wynne Baxter*
- *Maybugs*
- *Stagecoach*

Pride flags were visible on Eastbourne Pier, at the Bandstand and the Town Hall. A poster promoting the event was kindly put up at Eastbourne Railway Station, and the Events Team at the council allowed 15 posters in bus shelters.

Mandy said: "Genuine and sincere thanks to all of those, and of course we want to continue in 2025, but it's now that we need to start exploring possible funding avenues.

"The £34,000 covers fencing, stage, security, toilets, and we have to pay for hiring the park, insurance, leaflets, posters, plus of course paying the acts as well.

"We need sponsors and we need volunteers – any help would be greatly appreciated.

"We are delighted that Jack Harris and Michael Shepherd have joined the team to help for 2025."

You can contact Betty, Mandy and Stephen at the *Drop-in Cafe* at 7 The Labyrinth, Stables Lane, off Mark Lane, BN21 4RJ. It's open Monday, Friday, Saturday and Sunday from 11am to 3pm.

You can also email Mandy at mandywsmith007@gmail.com



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

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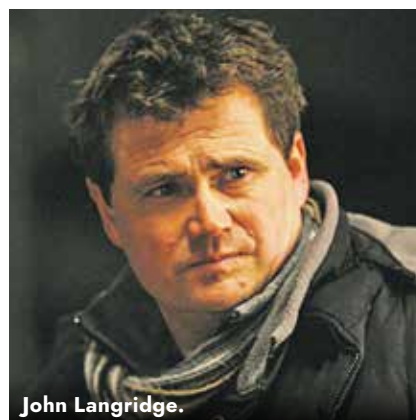
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Huge boost for Drop Dead Films



John Langridge.



AN Eastbourne film company is among ten creative businesses selected to join a scheme to help companies become investment ready.

By **Peter Lindsey**

Drop Dead Films – based in Hyde Gardens – specialises in commercial, elevated horror, thriller and sci-fi films for the international market, using cutting-edge technology and an agile team.

Very useful

Writer and Director John Langridge said: “As an Eastbourne-based

company, we became interested in the *Create South East* programme as, with the imminent release of our latest project, the horror film *Charlie Shaw’s Revenge*, we are currently seeking to scale up production across our slate of our commercial titles from the £1million to £3 to £5million budget range – something the programme has specific guidelines and advice on.

“Since being paired with a mentor as part of the programme and with the

weekly seminars provided, we have found the programme so far to be very useful indeed.”

Readiness support

The ten East Sussex companies to join the programme are: *Chalk Productions; Drop Dead Films; GoPhysics; Kult Media; Recursive AV Ltd; A Beautiful Place To Get Lost; Diamond Minds; ColorQ; Favame Ltd; and Review of Sussex Arts Magazine.*

The businesses, from creative sectors including film making, publishing, audio visual design, visual arts, and animation, have secured support from the *Create South East Investment Readiness* programme.

Councillor Penny di Cara, lead member for economy at *East Sussex County Council*, said: “I am delighted ten more creative businesses in East Sussex are going to benefit from this vital support.

Hugely important

“The creative sector is hugely important to our local economy and it’s fantastic that East Sussex companies have benefited from the *Investment Readiness* programme since its launch in the south east.”

For more information about the programme and to learn about future opportunities visit:

www.createsoutheast.org.uk



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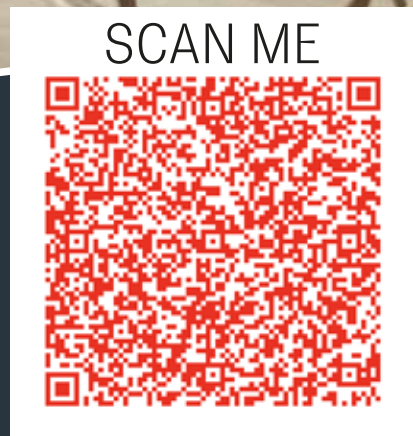




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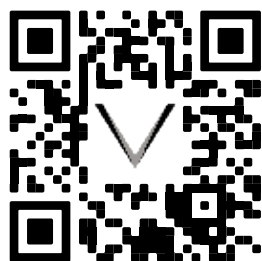
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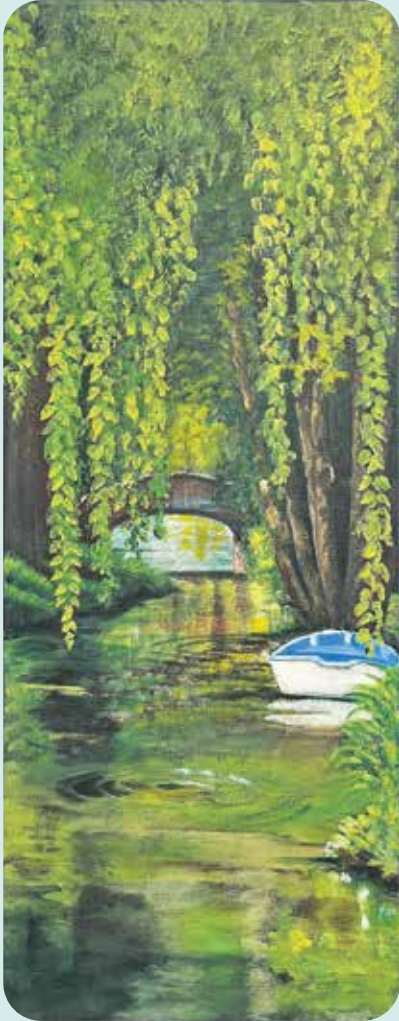


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Cool vibes

GALLERY@42 continues into autumn challenging our senses and feeding our souls.

By **Gail McKay**

After a frantic Airbourne, Pennie Cunliffe-Lister returns the gallery to a blissful mood with the ongoing *Trees and Cooling Streams*, running through September.

Val and Christina Racher join Sue Smith this month. Sue shares her devotion to the Downs: "Through my painting I aim to capture something of the enduring nature of the South Downs; a sense of timelessness and permanence."

The gallery is set in the heart of Eastbourne's *Little Chelsea*, with its independent shops and cafés. It has a lovely arty vibe, and is part of Eastbourne's ever growing art scene.

Visitors come to Eastbourne for *Towner* and stay for the cultural experience across *Little Chelsea* and the *Devonshire Quarter*.

Gallery@42 has a regular flow of artists coming through the door. Pennie loves creating a platform for new and established artists. It's always worth a nip in to see what's new. She is committed to bringing something fresh to art lovers and casual windows browsers alike.

Also appearing is Kathy Russell, a Rye based miniaturist and member of the *Hilliard Society*.

The gallery is open Thursday, 12–8pm and Friday to Sunday, 12–6pm.

**42 South Street
Eastbourne BN21 4XB
galleryat42@gmail.com
www.galleryat42.co.uk**



Enjoy a better night's sleep

IT'S been two months since Berney opened the doors of *Nectar Sleep*, inviting Eastbourne residents to experience something new in the bedroom.

By **Gail McKay**

Family-run, Berney takes pride in offering a relaxed shopping environment with no pressure to purchase, ensuring customers feel at ease. His young children enjoy restful nights on their *Nectar* mattresses, a testament to their quality.

Peace of mind

Nectar Sleep offers peace of mind with a 365-day sleep trial. If you're not satisfied, they'll donate the mattress to the *British Heart Foundation*. They also provide a free repair service for mattresses over 10 years old, showcasing their commitment to long-lasting comfort.

As a carbon-neutral company, *Nectar Sleep* ensures everything



Berney with Mayor Candy Vaughan at the opening.

is made in the UK. Their no-fuss approach to stocking ensures there's something for everyone without overwhelming choices. With prices starting at just £249, everyone can afford a great night's sleep.

Which? award

Their *Nectar Memory Foam* and *Premier Hybrid Double* Mattresses have been awarded a *Which?* Best Buy, and the *Good Housekeeping Institute*

has approved the *Premier Hybrid Mattress* and *Nectar Divan Bed*.

Visit the showroom at inside *Fludes*, the carpet shop, and experience the ultimate in sleep comfort.

7 Marshall Roundabout, Lottbridge Drove, Eastbourne BN23 6QU

Book your appointment today at **07551 618001** or email **nectarsleep@b5global.com**



Keeping locals active

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

By **Peter Lindsey**

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

They are authorised distributors for all of the leading manufacturers.

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With over 15 years experience in this industry, you know you're in safe hands.

They service and repair most makes of mobility aids, carry out work on behalf of insurance companies and are authorised by the FCA to sell mobility aid insurance.

They offer riser recliner chairs and electric profile beds. They also offer services to care homes like LOLER testing and servicing.



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: "My staff are fully qualified and fully trained.

"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."

**6 Winston Crescent
Eastbourne BN23 6NL**

**01323 301101
activedays@aol.co.uk
www.activedaysmobility.co.uk**



Passionate about property

WE are delighted and very proud to be celebrating our 12th year in business this September.

By **Peter Sanders**

Ginger & Sanders are an independent family-run agency where most of the team are landlords so understand the business of renting, buying and selling properties. Plus Peter, James and Lisa have a wealth of experience to call upon.

We are dedicated to supporting local tradesmen, businesses and charities. We genuinely like to help assist clients and tenants with any property issues they may have.

Despite the usual challenges faced, in the past year, with running a business we still go from strength to strength. 2024 did, however, see the very well deserved retirement of one of the founders Zita Ginger and we are privileged to have worked with this formidable lady and wish her the very best in her future.

Over the years we have re-branded the company on a couple of occasions to help reflect our progression as a local business.

We however still stick to our core values of excellent customer service, honesty, a fair fee structure and clear communications to all. We pride ourselves in using our vast knowledge in the property industry in order to help others.

As an Eastbourne-bred company we also like to get actively involved within the local community attending various events. We are active participants of the local chamber and in fact became Premier Members this year. We believe in giving back to the local community and so support a number of local charities and regularly attend their events in order to assist them.

Big Cat Sanctuary

We recently worked in conjunction with the *Big Cat Sanctuary* in Kent, the upshot of which were our newly designed and very unique boards featuring four of their cats. The Sanctuary is a centre dedicated to the conservation of wild cats, whose objectives are the welfare, breeding, education and conservation of big cats. They play a vital part in saving some of the planet's most endangered and iconic species from extinction. This



collaboration came about as Peter works once a week as a volunteer at the Sanctuary.

A big thank you

We are excited about the future of *Ginger and Sanders* but would also like to take this opportunity to thank our clients and contractors past, present and future for their continued support.

Here's to year thirteen in business and all it may bring.

Get in touch

However, if you wish to talk anything property please do give us a call on **01323 701702** or pop into our office at **185A Langney Road** and experience for yourself why we really are "passionate about property".



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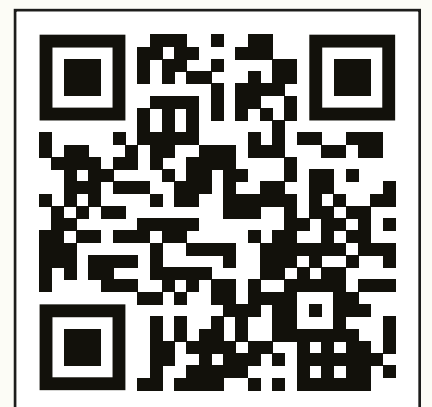


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LOVE their LOCAL bars, restaurants, shops and services



AT WATERFRONT Eastbourne there's a restaurant for every taste.

By **Taria Williams**

From Turkish to Thai and Italian to Indian, we have an array of choice from over ten restaurants and cafés.

The Harvester is always a favourite with their great food choices for

both adults and children. With a fish and chip shop and an ice cream parlour onsite, we cater for everyone.

There's also vibrant evening entertainment at *The Waterfront*. Enjoy an evening at the *Garden Bar* with it's year-round holiday feel and enjoy the double aspect panoramic views across the harbour. The evenings come alive with regular

live music and is a great bar for sports lovers with dart boards and a pool table and dedicated viewings for major sporting events.

Seamoors is also the place to be for sports fans, showing major sporting events on *Sky Sports* and *BT Sport*. With home from home fresh cooked pub food it's the ideal venue for relaxing and enjoying a local welcoming bar.

If you're wanting to be pampered *Coco Hair and Beauty* is a

perfect retreat from the hustle and bustle of daily life. Located at *The Waterfront Marina* enjoy your experience surrounded by fabulous harbour views.

Love fresh fish and seafood? Then head to *Quay Fisheries* and shop fresh locally-caught and sourced fish. They sell an array of fresh fish and seafood for you to take home and make all your home-cooked dishes simply delicious.

www.eastbournewaterfront.co.uk



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Lothar Götz, *Dance Diagonal*, 2019. Towner Eastbourne. Photo by Jim Stephenson.

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Local delights at Pebbles

NESTLED in the heart of Eastbourne you will now find *Pebbles Kitchen & Wine Bar!*

By **Kirsty Dobbs**

Recently opened, we pride ourselves on using fresh local produce. This includes using local suppliers and having an English Sparkling Wine range on our menu.

We offer a diverse menu catering for all dietary preferences including fish, shellfish, meat, vegan,

vegetarian and we also boast a huge gluten free range on our menu.

Conveniently located next to the *Enterprise Shopping Centre* and Eastbourne station our restaurant is perfect for locals and visitors alike.

We are a family run restaurant dedicated to creating a warm, welcoming atmosphere where our guests can enjoy fresh, delicious food and exceptional service every day.



01323 925178
www.pebblesrestaurants.co.uk

Monday (closed)
Tuesday 12-10pm
Wednesday 12-10pm
Thursday 12-10pm
Friday 12-10pm
Saturday 12-10pm
Sunday 12-10pm



The Gallery on the Gallery

THE Enterprise Centre, Eastbourne
October 5th, 10–5pm and October 6th, 10–4pm

By **Gail McKay**

A spectacular new Arts and Crafts show is coming to Eastbourne presenting nineteen artists with original, hand-made art and crafts.

Stain Glass... **Julie Knight** looks beyond the ordinary. **Julia Lloyd-Jones** loves the changing colours and textures. **Adele Walshe**

Inspired work with glass. **Kay Ford** Makes functional pieces.

Fine Artists... **Nicki Lee** draws her inspiration from countryside walks. **Palo Almond's** paintings are inspired by local scenes. **Mandy Turner's** art and photography are turned into gifts. **Carol Palmer** uses textiles, and paint to create landscapes. **Penelope Oakley's** focus is nature and the human spirit. **Jayne Kersse** draws stunning animals in pencil and inks. **Gary**

Long's work is known for its surreal humour. **Robin Shell** expresses a love of Nature and crystal art. **Dani Durai** makes abstract watercolour paintings, sculptures and ceramics.

Felt/Textiles... **Valerie Evans** creates usable decorative accessories. **Sue Casebourne** creates delightful felt animals.

Jewellery... **Audrey Searle** creates geometric shaped jewellery. **Barbara Elhers**, gives her work balance and symmetry.

Ceramics... **Alan Pearce** work is inspired by Oriental arts and Art Deco, using Raku glazes.

Writer... **Glyn Harper** is showcasing his latest book, *The Maids of Biddenden*.

St Wilfrid's will be here to raise awareness of the services they offer and promote their art auction running through October.



Alan Pearce of ADP Ceramic Arts.



[f thegalleryonthegallery](#)
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Drink it in

STEP aside water! We're living in a new era of healthy drinks. Yet what are these liquid life-extenders garnering an increasing presence on supermarket shelves, and why are they so good for you?

By **Gail McKay**

Kombucha

Kombucha is a fermented tea that has been enjoyed for centuries and made by adding a symbiotic culture of bacteria and yeast (SCOBY) to sweetened tea.

The fermentation process creates a fizzy, tangy drink, rich in probiotics – live microorganisms that promote a healthy balance of gut bacteria.

They can improve digestion, boost the immune system, and even enhance mental health. Kombucha also contains antioxidants which are proven to help detoxify the body.

Kefir

Kefir is a fermented milk drink similar to yoghurt, but with a thinner consistency. It is made by adding kefir grains – a combination of bacteria and yeast – to milk.

This process results in a drink that is full of probiotics, vitamins, and minerals.

Kefir is known for its potential to improve digestion, as well as supporting the immune system, and contributing to stronger bones due to its high calcium content.

Probiotic drinks

While kombucha and kefir are both probiotics, there are many more on the market, from yoghurt drinks to juices and specially formulated beverages.

Prebiotic drinks

Prebiotics contain ingredients to nourish the good bacteria already present in your gut. Unlike probiotics, which introduce new bacteria, prebiotics provide the food that helps existing beneficial bacteria thrive.

Common prebiotics include fibres found in foods such as chicory root, garlic, and bananas. By fostering a healthy environment for gut bacteria, prebiotics can enhance digestion, improve metabolic health, and support the immune system.

EFFECTS ON YOUR BODY IF YOU GIVE UP TODAY!

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I don't know where I am, I don't know where I'm going but I'm not lost!

JOINING a new club on your own can be somewhat daunting.

By **Sarah Leeper**

So we asked new member, Sarah, how she felt and what her first impressions were. This is what she said:

"I love walking, and I walk miles with my dog but the half dozen routes I know by heart do become repetitive. I am usually walking alone as my husband does not enjoy walking so it's the one thing I promised myself that when I retired I would join a rambling club. I'm not confident with map reading so I looked forward to exploring different routes in different areas.

"It was by pure chance that my friend Claire at Pilates started talking about a lovely walk she had done the day before with her rambling club. When she told me it was the *Polegate Rambling Club* I was surprised that I hadn't heard of it since I actually lived in Polegate! I arranged to meet her the following Thursday to walk with the *Polegate Ramblers* and the rest, as they say, is history! What a friendly,

welcoming bunch of walkers. I was worried the pace might be too fast or the distance of 10 miles too long but I found it just perfect. With a coffee break and a lunch stop there is ample time for a rest and regular pauses to regroup and do a headcount allows you to get your breath back after a hill climb.

"I look forward to my Thursday walks whether on paths I know or mostly into uncharted territory for me. I have got to know lots of new people and it's lovely to chat with folk as you walk or just walk in silence admiring the beautiful views and countryside. I don't always know where I am and I frequently have no idea where I'm going but I'm not lost and I have total faith in the walk leader who will be guiding us all on paths they have walked before.

"I would encourage anyone thinking of joining a rambling group to give *Polegate Ramblers* a try and if you don't fancy 10 miles they also have a 5 mile group and a *Leisure Walking* group. Have a look at the website or Email the secretary at polegateramblers@gmail.com



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Weight gain – is stress to blame?



STRESS seems to play a key role for many people when they are struggling to shift excess pounds.

By **Helen Maxwell**

Physiologically there is a good reason for this as with acute stress the body breaks down tissues to supply energy.

However low-grade chronic stress often seems to underpin gradual and continual weight gain which can be a struggle to shift.

Cortisol

When we are continually stressed there is ongoing stimulation of cortisol. This causes energy to be withdrawn from our internal organs of regeneration and health, such as those used for digestion and elimination. Instead the energy is pushed to the arms and legs to run, fight or hide. The heart is also stimulated to drive blood flow in this direction. Unfortunately our inbuilt responses don't serve us

so well in today's world. We often don't run, we sit at a computer so the energy isn't utilised. The maximum capacity for sugar (glucose) in the blood is 5 –10 ml. Any excess must be taken into the cells, by insulin, or removed to the liver where it is stored as fat.

Metabolic collapse

Excess fat causes problems. It produces chemistry which can cause inflammation, and we start to see the beginnings of what is known as metabolic collapse. The energy

generation system starts to break down. We may begin to suffer from insulin resistance, type II diabetes, non alcoholic fatty liver disease and others.

Calming the nervous system

A regular practice of calming the nervous system makes the body feel 'safe'. This can play an important role in weight-loss, our internal regeneration and ultimately our health.

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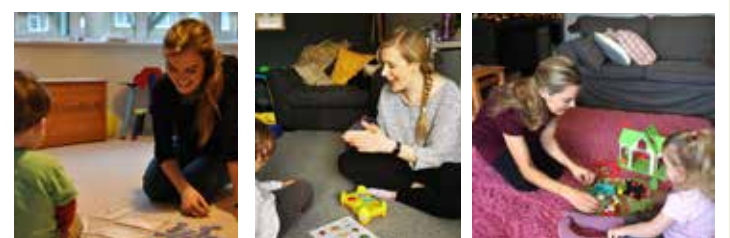


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Getting older doesn't mean growing old

OLDER People's Day is held on October 1st each year to recognize the contributions of older persons.

By **Peter Lindsey**

However, the events take place during September and October, and all activities are designed to help you stay physically, emotionally and socially active.

These are the local events:

Eastbourne Blind Society Quiz
Eastbourne Blind Society,
124–142 Longstone Road
 Friday 20th September, 7pm to 9:30pm
 Thursday 3rd October, 2pm to 4pm

Cost: £15 per team (max of 6 people per team).
 Booking is required.

Email:
mark@eastbourneblindsociety.org
 Phone: **01323 729511**

Eastbourne Seniors Forum
St Saviours Church Hall,
South Street
 Thursday 3rd October, 2pm to 4:15pm

Allowing older people to socialise and get together in a friendly, relaxed atmosphere and enjoy an afternoon of magic, comedy and song with Marco the Magician (Member of the Magic Circle) and Stephen Dunnett (Rat Pack type Vocalist) and to enjoy tea and cake.

Cost: £3. Booking essential. Tea/ Coffee and cake included in entry fee.

Email:
gill.morris518@btinternet.com
 Phone: **01323 722256**

Mindful Oak Sussex CIC
Bushy Wood Activity Centre,
Main Road, Hailsham BN27 3LZ
 Monday 16th September, 10am to 12:30pm

An opportunity for people with memory problems to come along with a family member or carer to enjoy a woodland campfire singalong and cookout surrounded by nature's autumnal delights. Connect with nature, enjoy seasonal activities and meet new people. A warm welcome awaits.

Cost: £5 per person.
 Booking is required.

Refreshments are included in the ticket price.

Email:
mindfuloaksussex@outlook.com
 Phone: **07453 917399**

Willingdon Community Café
Home Instead – Eastbourne and Hailsham
 Thursday 26th September, 2pm to 4pm.
 Thursday 24th October, 2pm to 4pm.

Trinity Church Hall, Coppice Avenue, Eastbourne, BN20 9PN

A free community café with activities and entertainment for local people.

Free refreshments and activities. Everyone is welcome! Dementia Friendly.

Cost: Free.
 Booking is required.

Phone: **01323 819191**
 or visit the website: **homeinstead.co.uk/eastbourne-hailsham**



Have you tried indoor bowls?

EASTBOURNE Borough Indoor Bowls Club on the lookout for a more diverse membership.

By **Norman Murray**

Here's Membership Secretary Derek Baxter: "We strive to create an environment that brings the power of diversity to life."

"Inclusion is optional, diversity isn't. To bring the world closer together, diversity is a must-have, not an option."

"We like to think of ourselves as a progressive Bowls Club and we know the greatest ideas come from a variety of lived experiences, which is why we are committed to a Bowls Club Membership that is diverse, equitable, and accessible as possible."

"We want our teammates to feel seen, heard, and included, and where they can have gentle exercise, bowl, draw, drive and deliver and belong so they can become their very best selves."

"Eastbourne Borough Indoor Bowls Club is an Equal Opportunity organisation — by choice."

"We believe we are best equipped to help our members, visitors and the local Eastbourne communities we serve, live better when we really know them. That means understanding, respecting and valuing diversity

— unique styles, experiences, identities, ideas, and opinions — while being inclusive of all people.

"Diversity, Equity, and Inclusion (DEI) is more than a box to check or a target to hit for us. That's why we've set a goal to make *Eastbourne Borough Indoor Bowls Club* the most diverse, equitable, and inclusive Bowls Club locally. Please, we would like to discuss ways to provide the accommodations that you may be entitled to — so come and try us out in on 7th September — for free!

"We are looking for a more diverse and inclusive membership, so we need help from people who have perhaps disabilities and are thinking of having a gentle form of exercise, take on a new skill — with tuition from our qualified coaches and who want a sense of fun and purpose and meeting new friends through our growing and glowing social offerings. Come down and help us on this journey."

www.eastbourneboroughibc.co.uk
 Facebook icon [eastbourneboroughindoorbowlsclub](https://www.facebook.com/eastbourneboroughindoorbowlsclub)

If you feel you would like to try us out for free in September, do contact our Head of Coaching, Dave Hawkins on dhawk4060@gmail.com or contact us on **01323 766 265** — choose option 7.



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Navigating the teen years

THE teenage years can be a whirlwind of emotions, and for many, anxiety can cast a shadow over everyday life. With practical strategies, teens (and their parents) can navigate these challenges.

By **Jason Langley**, CNHC reg, The Teen Anxiety Coach

Understanding anxiety

Anxiety is a normal human emotion, but when it becomes overwhelming or persistent, it can interfere with daily life. It's important to recognise the signs, which can include:

- Excessive worry or fear.
- Physical symptoms like rapid heartbeat, sweating, or difficulty breathing.
- Avoidance of certain situations or activities.
- Difficulty concentrating or sleeping.

Solution-focused strategies for teens

- **Identify your strengths:** Focus on what you're good at and the things that bring you joy.
- **Set small, achievable goals:** Break down larger challenges into smaller, more manageable steps.
- **Practice relaxation techniques:** Deep breathing, mindfulness, and progressive muscle relaxation
- **Challenge negative thoughts:** Identify and reframe negative thought patterns.
- **Seek support:** Talk to a trusted friend, family member, or mental health professional. You don't have to go through this alone.

Tips for parents

- **Create a safe and supportive environment:** Let your teen know that you're there for them without judgment.
- **Encourage open communication:** Start conversations about mental health and create a space where your teen feels comfortable sharing their feelings.
- **Seek professional help if needed:** If your teen's anxiety is impacting their daily life, don't hesitate to seek professional guidance.

Remember, anxiety is not a weakness. It's a sign that you care deeply and are navigating the challenges of growing up. With the right support and strategies, you can learn to manage anxiety and thrive.

07448 008643
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www.theteenxietycoach.co.uk
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Our Secret Ingredient: Our People

Our team is the heart of Hailsham House. With many years of experience under their belts, our team members are experts in providing exceptional care. They go above and beyond to ensure each resident feels respected, supported, and comfortable.



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Hollywood calls as Sussex's Racquet Studios partners with motion picture heavyweights

SINCE opening their doors in Eastbourne's *Devonshire Quarter* in June 2023, *Racquet Studios* has paved the way for groundbreaking virtual film production techniques in Sussex.

Working closely with specialist global manufacturers and software companies, the facility has also played host to a growing number of top-tier productions.

These include projects with chart-topping *Sony Music* artist, **Myles Smith**, British soul legend, **Alice Russell**, and *Games Radar's* **'Future Game Show'**.

Pioneering partnership

Following the recent launch of the new, purpose-built *Panalux* London headquarters and coinciding with the *Panavision* group's 70th anniversary in the Motion Picture industry, the

By **Andy Thomas**

group is breaking new ground with the launch of a new Virtual Production department in partnership with the pioneering creative and technical team from *Racquet Studios*.

The *Panavision* name is synonymous in Motion Picture as manufacturers of some of the finest image-making equipment ever produced. Launched in 1954, the company's market-leading cameras and lenses have been used to make some of history's most notable films; from the golden

era of Hollywood, through to modern-day blockbusters, such as ***Deadpool & Wolverine***, ***The Bear***, and ***Beverly Hills Cop: Axel F***.

Technical innovation

The new department has been developed to support existing production companies through technical innovation, integrating with traditional filmmaking practices to produce world-class creative content that's greater than the sum of its parts. Whether it's a music video, high-

end TV show, ad, or motion picture production, *Racquet Studios* will now provide critical support for all virtual activities and will develop and test all creative assets and technical infrastructure in their Sussex studio for *Panavision's* impressive list of clients, offering flexible, dynamic solutions, whether serving the West London production corridor within *Panalux' Island Studios* complex, on location, or within any viable third-party facilities across the UK, Europe, and beyond.

Why Virtual Production?

As one of the most exciting developments in the film and TV arenas in recent years, Virtual



“Panalux are thrilled to be joining forces with Racquet Studios in this exciting new technical department.”

Production techniques fuse camera-tracking technology with state-of-the-art video game engine-developed creatives, powerful graphics servers, high-resolution LED panels and green screens to create versatile 360-degree, photorealistic environments for cinematic content creation, immersive red carpet experiences and more. It enables filmmakers to visualise digital elements, live-action footage and virtual set extensions together in real-time like never before.

Pushing boundaries

Michele Channer, Managing Director, at *Panalux*, said: “We’re thrilled to be joining forces with *Racquet Studios* in this exciting new technical department. We are keen to push boundaries in the burgeoning world of virtual production and to bolster the market-leading services that our customers have come to expect from all areas of the *Panavision* group. Who better to embark on this journey with than the genre-defining team at *Racquet Studios*?”

Sustainability, time and budget benefits

The appetite for virtual productions has seen rapid growth with advanced technologies allowing productions to capture scenes and environments within studio spaces instead of travelling to remote locations or the need to build expensive physical sets.

The in-house team and facilities are skilled in producing ‘out of this world’ environments that are impossible to create within traditional film set environments. This is complemented by a market-leading ‘digital twin’ offering, which sees the replication of physical environments and objects through high-end photogrammetry and lidar processes.

Perfect for pick-ups and syncing production across multiple locations, these processes have been developed to deliver a major benefit for the environment and for budgets as well as enable film and events



production to continue to produce stunning content regardless of travel or environmental restrictions.

Excellent experience

Simon Skinner, Managing Director at *Racquet Studios*, said: “Having spent years establishing best practice in VP workflows, product and software development, *Racquet Studios* emerged from an established creative agency. This new and exciting partnership with

the *Panavision Group* represents an opportunity for *Racquet Studios* to expand beyond its Sussex base and to be on hand for all of *Panavision*, *Panalux* and *Island Studios*’ clients to ensure an excellent experience with exceptional results with emerging technologies and creative processes.”

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hello@mediabite.co.uk



Stunning Christmas art

IT'S only September – but yes, Christmas cards are already on sale.

By **Nathan Dunbar**

And this one is a real stunner.

Polegate Community Foundation has commissioned its very own design and is selling it to raise much-needed funds.

The design – named '*A Coastal Christmas*' – shows a fictional scene based on the famous cottages at Birling Gap.

The Foundation is a not-for-profit community organisation founded after the running of two successful *Scarecrow Festivals* in 2018 and 2019.

Heart of the community

It now runs different events throughout the year ensuring that local communities remain at the heart of the organisation.



Its most recent campaign has been '*Project Stem*', which aims to provide new life-saving emergency equipment to different areas of Polegate, Stone Cross and surrounding areas.

Support the cause

To purchase this wonderful card plus other designs, please visit: <https://polegatecommunityfoundation.sumupstore.com/products>

Pop into The Beacon for photo exhibition

EASTBOURNE Focus Digital Camera Club is staging a Photo Exhibition in *The Beacon* shopping centre.

By **Peter Lindsey**

It takes place on September 28th and 29th in *The Gather* from 10am until 4pm.

The club is based in Eastbourne and is for keen photographers, whether they use a phone or DSLR and anything in between.

It is a member of the *Kent and County Photographic Association*, and based at *Langney Sports Club* in Priory Lane.

The club holds regular meetings, and here are some of the remaining dates for 2024:

- September 9th – 23rd
- October 14th – 28th
- November 11th – 25th
- December 2nd – AGM

Email: efdccinfo@gmail.com

Member Adam Wood is the club's current Photographer of the Year. He also won Photo of the Year 2023 which is voted for by club members. Steve Wood was runner-up Photographer of the Year 2023.





New paintings of Eastbourne Pier unveiled

SUSSEX artists *Two Faced Twins* have unveiled new and previously unseen paintings of *Eastbourne Pier* at a special event held at their gallery.

By **Peter Lindsey**

Gemma and Stella Stevens are the identical twins who make up the artistic duo *Two Faced Twins*.

They are known for their trademark contemporary style, colourful collaborations and unapologetic boldness.

Two Faced Twins create coastal scenes, landmark landscapes and statement art available across their limited edition prints and homeware ranges.

And Eastbourne Pier is their latest subject matter.

The images – one on this page – were unveiled at their gallery in Worthing.

The 33-year-old twin sisters began their artistic collaboration back in

2017 when Gemma, on returning home from another day at her 9-5 office job, declared to Stella that they could no longer carry on living for the weekends, and should go into business together.

After coming up with various ideas including sandwich making and YouTubing, Stella suggested that they combine their unique and creative talents to build a vibrant new brand of art for the home.

Having studied illustration at university, Stella works exclusively in black and white, loving to create detailed drawings of scenery and architecture; while Gemma, a trained textile designer, has an eye for eclectic patterns and eccentricity of colour.

www.twofacedtwins.com

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Green and pleasant

SEPTEMBER is here, and there's still plenty to be done while you're outside in the garden, assuming the weather plays ball. Let's all hope we can enjoy the last of this year's warmth and perhaps experience an Indian summer. If you grow fruit and vegetables then there will be all your crops to harvest which will keep you busy this month. There's plenty of work to do tidying and maintaining plants and equipment as well. For me, it's a time to slow down after a busy summer showing visitors the garden.

By **Geoff Stonebanks**

At this time of the year, we can see the garden slowing down too. Some herbaceous perennials and annuals have finished for the summer, others such as roses, sweet peas may keep on flowering. Exactly what is flowering when, depends on the sort of spring and summer we have enjoyed, but there is always plenty of late colour in the garden.

Summer in the garden

We've had a great summer at *Driftwood* again this year, with over 500 visitors booking to visit, most of them enjoying my home-made tea and cake too, with over 480 portions baked to serve. One of the many plants they have talked about

is the pretty Shrubby Hare's Ear or *Bupleurum fruticosum*, pictured in the header. It is a spreading, evergreen shrub, growing up to 2m tall, with long, slender stems bearing blue-green leaves and domed clusters of tiny yellow flowers in summer and early autumn. The delicate flower heads are almost fluorescent and look amazing at the corner of the house where visitors go to enter the back garden.

National Garden Scheme

This month, there are five lovely gardens to visit in and around the town. The Langney and Willingdon trail takes place on Sunday 8th, between 1pm and 5pm, with a reduced entry of £5, as sadly, due to illness, 23 Oldfield Road is no longer able to open, so please don't visit the garden. The two gardens left to open are at 36 Jellicoe Close and 16 Hardy Drive and are both developed on land reclaimed from the sea.

In Hellingly, *Knightsbridge House* in Grove Hill opens on both Wednesday 4th and Saturday 7th, from 2:00pm to 5:00pm, with entry £7.50. This mature landscaped garden is set in five acres of tranquil countryside surrounding a Georgian house with lots of late season colour plus grasses and some magnificent specimen trees.

Over in Hailsham, *Limekiln Farm* in Chalvington Road, Chalvington, opens on both Saturday 15th and Sunday 16th, from 2:00pm to 5:00pm, with entry £7. The garden was designed in the 1930s when the house was owned by Charles Stewart Taylor, MP for Eastbourne. The planting aims to reflect the age of the 17th century property and original garden design.

Fairlight Hall in Martineau Lane, Hastings, opens on Thursday 19th from 10:00am to 4:00pm with entry £10. The formal gardens extend over 9 acres and surround the Victorian Gothic mansion and feature semitropical woodland avenues, a huge contemporary walled garden with amphitheatre and two, 110 metre perennial borders above and below the ha-ha with far-reaching views across Rye Bay.

Bates Green Garden in Tye Hill Road, Arlington, opens on Sunday 29th from 10:30am to 4:00pm with entry £7, and here children will pay £3. Pre-booking is essential at: www.ngs.org.uk

This plants woman's tranquil garden provides interest through the seasons, where a woodland garden has been created around a majestic oak tree. There is also a wildlife pond and wildflower meadow and the whole plot is gardened for nature and wildlife.

Full details on all the gardens at: www.ngs.org.uk

What to do with perennials as summer fades?

Some plants look good as they fade, such as sedum where the flower heads hold their own for weeks and look good with a dusting of frost. Others, such as hosta look a mess. There is no hard and fast rule about what to do with herbaceous and perennial plants once summer is over.

Some gardeners cut everything back, clearing out the borders, and others leave plants uncut to encourage wildlife and cultivate a less formal look. There is also a halfway house; cut back plants that look a mess, such as Hosta, Crocosmia, Delphinium leaving in place those which still add to the border, at least for a while, which also spreads the work in the garden over the winter months. As with many aspects of gardening, there is no right or wrong it's down to personal preference. I tend to cut quite a lot back in my garden.

Forward planning

September is a great time to look forward to 2025. Maybe sit down and think about spring bulbs you'd like to have in your plot next year. Spend time looking through catalogues or searching online and then take the plunge and purchase!

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.

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Issue 051
September 2024

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ESC STUDENTS CELEBRATE THEIR RESULTS!



East Sussex College students celebrated receiving their A-Level, T-Level and Vocational results this summer, highlighting the culmination of their commitment and dedication!

T-LEVEL TRIUMPH.

Since the launch of T-Levels in 2021, the College has expanded its offerings, providing a diverse range of exciting opportunities for students. The ever-growing selection of courses ensures that aspiring learners have access to a comprehensive array of subjects, with new additions continually enriching the curriculum.

Students enrolled on T-Level courses have demonstrated remarkable performance, with an impressive number of impressive Distinction and Merit grades.



MAISE JARVIS

Maise Jarvis, a T-Level Health & Social Care student, achieved a Merit in her course. Reflecting on her results, she shared, "I'm really happy with my grades, I didn't think that was what I would get so I'm very happy! I couldn't have done it without my tutors, they were really supportive. I'm now going to work in a hospital and I'm hoping to do my university course through them! This course is a really good way into healthcare, because of the practical side of the course. Going forward, I see it being one of the best courses."

Elwyn Cooke, who achieved a Distinction in Health T-Level, shared, "I'm very happy with my grades. The support from my tutors was amazing throughout! I am now going to take my next steps and go into nursing. I would definitely recommend this course to others."



ELWYN COOKE



LEAH DARLEIN WEINRICH

A-LEVEL PROGRAMMES.



The College's A-Level students at the Eastbourne, Hastings, and Lewes campuses achieved outstanding results, reflecting the dedication and effort they put in over the past two years.

Remarkably, 64 courses achieved a 100% pass rate, showcasing the exceptional quality of education provided by the College. This is great news for both students and staff, who worked tirelessly throughout the academic year.

Leah Darlein Weinrich completed her A-Levels in Media Studies (C), German (A), Criminology (C), and Sociology (C).

Reflecting on her experience, she said, "Tutors were so supportive, they gave me constructive criticism, just amazing to work with throughout the course. I'm hoping to travel the world and take a gap year next! I'd absolutely recommend my courses, especially Sociology. My tutor Karen is so lovely."

my combination of courses as I have a creative/fun one and more of a mathematical one which really suits me. Advice to my past self would be to not stress out too much, not worry about the future, and don't overload yourself."

Olivia Bounas achieved outstanding results in her A-Levels, with A*s in Business and Maths, an A in Graphic Design, and a B in her EPQ. "I'm very happy with my results. In September, I am going to Bath University to study Structural Engineering. I really liked



OLIVIA BOUNAS

VOCATIONAL SUCCESS.



An impressive achievement was recorded across the board, with strong pass rates across numerous Level 3 Vocational courses.

This success reflects the dedication and hard work of both students and staff, with several programmes maintaining consistently high results.



Lily Hickman earned top marks in Sport & Exercise Science, achieving D*D*D*. Reflecting on her success she said, "I couldn't be happier with my grades! I'm going to University in Bath to study Sport & Exercise Science. I'd 100% recommend my course to other students. If I could tell my past self one thing about college, I'd say to stress less!"



LILY HICKMAN



JOSHUA ROWLEY

Vocational student Joshua Rowley, who received D*DD in Uniformed Public Services, said, "I'm very happy with my grades! I thought the support overall from my tutors was really good, they did an outstanding job and everyone in the class felt supported. The highlights of my course were the external opportunities, including riot training in the first year with the police in Crowborough. Following my results, I'm considering a career in the police, but also looking at other opportunities including studying another course here to expand my qualifications."

Rebecca Conroy, CEO & Principal of East Sussex College, said, "We are so proud of all of our students for achieving such fantastic results! Our students' passion, grit and determination has certainly paid off. As they move on to the next stage of their journey, whether it be further education, entering the workforce, or pursuing apprenticeship routes, we wish them every success in the future and will be rooting for them!"



OPEN EVENTS THIS AUTUMN!

Open Events are the perfect opportunity for you to come in and see the college and facilities, meet our dedicated course tutors and find out about our courses.

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Thursday 7th November

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Thursday 24th October
Thursday 21st November

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Thursday 17th October
Thursday 14th November

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Tuesday 22nd October

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