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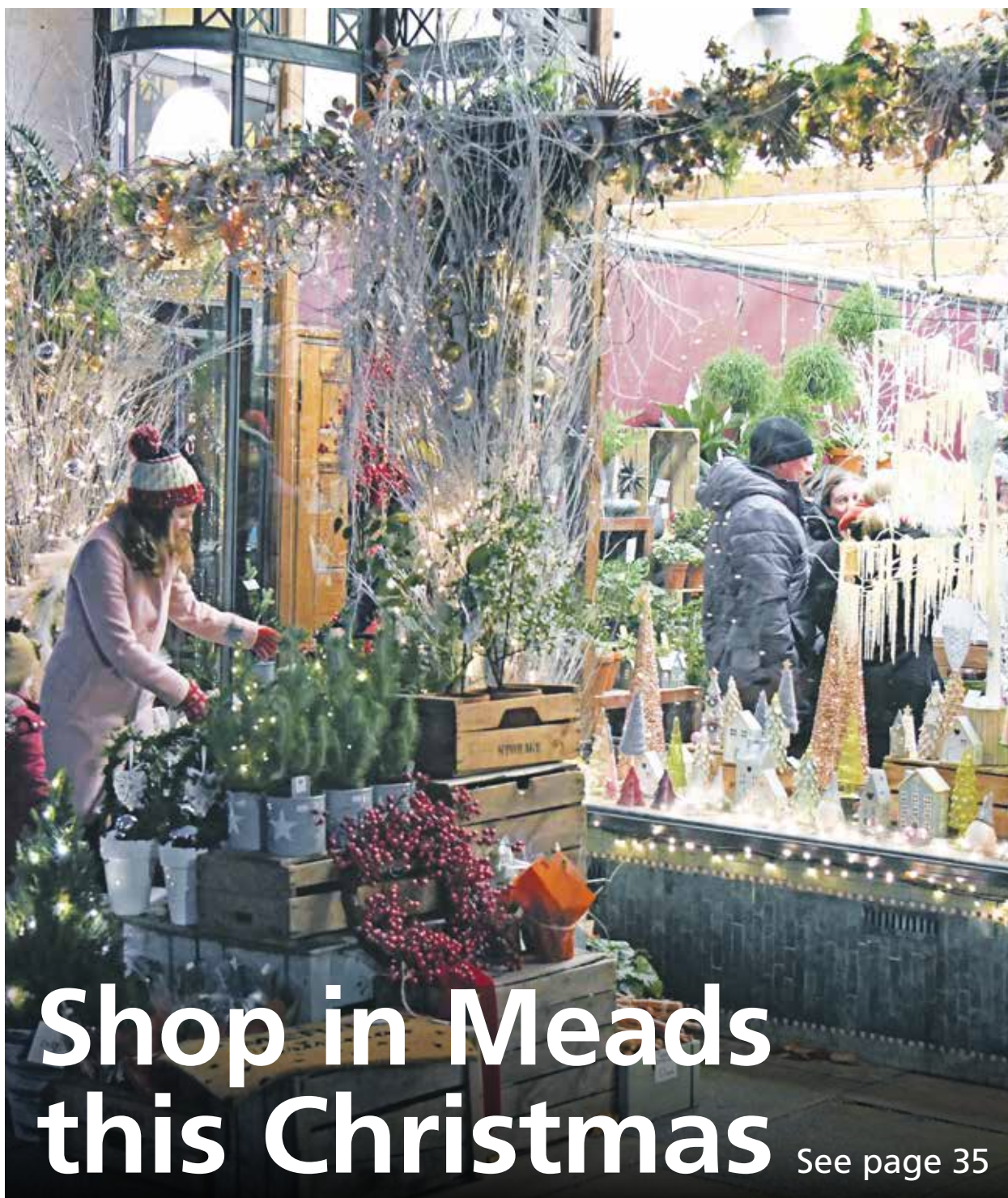
11/24

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November 2024

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Bournefree



www.bournefreelive.co.uk

"We thank
the people of
Eastbourne for
making our last
watch and jewellery
buying event so
successful.
We're back again so
please go to pages
8 and 9 for details."

Martin Kaye
Watches and
Jewellery Buying
Roadshow

**CASH
FOR
GOLD**
SEE PAGE 13

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

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 PR & Engagement

Bournefree – out and about in our community

IT'S been an incredibly busy month as the Bournefree team has been out and out in the local community.

By **Peter Lindsey**

We want to be as visible as possible, and that means turning up at local events, networking, and meeting readers and advertisers.

One that has stuck out for me this month is the *Little Chelsea Health Store*, new to South Street. Working together, this is what we did for them:

- Page feature in Bournefree
- Video on our social media platforms
- Feature on the Bournefree website
- Online posts announcing their arrival in Eastbourne.

And their response to the publicity? 'It has been phenomenally successful.'

That's such positive feedback, and it's been a pleasure to work with the

team there. It really is worth a visit to the Health Store, and it is very busy.

It's always a pleasure to go out and about, meeting people and interviewing them for *Bournefree*, online and in print.

I spent a Tuesday lunchtime at *Langney Community Centre*. Emma is the boss and she's working really hard with her team to make a difference.

Her words were very relevant: "I love it here – it's a great space and we want the community in *Langney Community Centre*."

In the same building is the new *Eastbourne Scrap Store*, and I met Claire Riley Hill, the Creative Lead. It's a lovely place, aiming to reduce social isolation, so please do tread the piece about the new store in this edition.

And I spoke with young Oliver, just 14, and his very proud mum Wendy.

Oliver won a *BBC Make a Difference Awards* at the recent *BBC Radio Sussex Awards*.

They are an incredible pair, and Oliver does an amazing job supporting mum.

It was very kind of *The Beacon* to award Oliver a £100 voucher to spend in the centre as a way of acknowledging his devotion and sheer hard work.

Meeting such people is so uplifting.

Looking ahead, we are now planning our December and January editions:

December – Yes, the festive period.

January – New Year, new start, and all that.

Reach out to the team – Gail, Harry and myself – and we can make things work for you.

Have a wonderful November!

Bournefree

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

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



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 01323 430303



harry@bournefreemag.co.uk
 07809 443027

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Oliver wins BBC Make a Difference Award

“OLIVER is my hero – he’s so bold and fearless.”

By **Peter Lindsey**

The words of mum Wendy after Oliver Davis, 14, won a BBC Make a Difference Award for Surrey and Sussex, for his role as a young carer.

Since he was just eight years old, Oliver has cared for his mum Wendy, who lives with significant cardiac issues and the long term effects of a stroke.

The awards evening was a thrill for them both.

It means a lot

Oliver said: “We both had a great time. It felt great when they called my name, and it means a lot to win this award.

“I didn’t expect to win. Carer was the first category of the night and I felt shocked and also relieved.”

Wendy said: “The awards were held at *Ashdown Park Hotel*, near East Grinstead, and there was a red carpet as we walked in. We both stopped and thought wow.

“It was a privilege to talk to the other finalists and hear their stories as well as us sharing ours.

“I am so proud of Oliver. He is humble, never moans and never wants recognition for what he does, so I was a very proud mum to nominate him.

“All mums think their children are amazing, and so they should – well Oliver truly is. He has so much responsibility on his young shoulders, and he has a passion to help others. He always wants to make a difference.”

Saved my life

Wendy recalls their story: “Oliver saved my life at just 8 years old when I collapsed in the night. I went on to have open heart surgery and Oliver has been caring for me ever since.

“Life changed again three years ago when I had a stroke. This caused hemiplegia on my right side, so my right hand and foot still don’t work correctly, and I don’t have feeling in them. I get stroke fatigue and Oliver has stepped up and helped me more day to day since then.”

Oliver says, “I enjoy making somebody else’s life better other than my own. It’s not something that I can change, so I just take it day by day, see what happens and take it from there. I think it’s very important to make a difference, not only to yourself but in others. I’m really honoured to have been nominated and it feels great to have won this award.”

Care for the Carers

Since 2021, Oliver has been supported by the *Young Carers Service* at *Care for the Carers*. The *Young Carers Service* supports young carers, aged



Oliver with mum Wendy.



Oliver collects award.

5 to 17 years, living, attending school or caring for someone in East Sussex. It aims to support young carers before they reach crisis point and to help their physical and mental wellbeing, with fun activities, regular groups and outings.

To find out more about *Care for the Carers* email info@cftc.org.uk or call **01323 738390**.



Trustee opportunity at Tweed

DO you have an interest in the welfare of elderly people and expertise you could share as a Trustee?

By **Harry Farmer**

The Emilie Galloway Home of Rest, known as 'Tweed', is seeking a Trustee to join its small Board of Trustees.

Tweed is a long-established care home in Silverdale Road. It occupies a beautiful, well-maintained Edwardian property with spacious rooms for



its residents which typically number between 18 and 21.

The Home provides a comfortable and friendly setting. It is managed by a Registered Manager with over 25 years' experience and a dedicated care team along with housekeepers, chef, maintenance and administrative team, whilst the Trustees oversee the running of the charitable trust.

Being a Trustee can be very fulfilling and rewarding. It is an opportunity to use your skills and background to help

others, and to further develop your own growth and learning. Relevant experience for this role might include:

- Nursing or medical experience
- Background in the care industry
- Business or management skills
- Finance or accountancy training

To express an interest or find out more, contact the Trustees via info@tweedcarehome.co.uk

To learn more about Tweed, visit tweedcarehome.co.uk/about-us

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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.



Lightning Fibre launches Full Fibre Winter Sale

GREAT broadband deals in your area, starting on 1st November 2024. The *Lightning Fibre* Full Fibre Broadband Winter Sale gives you great savings on a range of broadband packages to suit all needs and budgets. Lightning fast, with speeds up to 2,000Mbps or more at the modem, this full fibre broadband will blow your mind.

By **Peter Lindsey**

A full fibre network is not just faster and more stable than an old copper-based broadband service, it's also much more reliable. Fibre optics can carry vast amounts of data, over long distances, unlike the older copper network. As a symmetric network, *Lightning Fibre* broadband delivers guaranteed upload and download speeds of 150Mbps or more at the modem.

Lightning Fibre also offers a virtual landline (VoIP) service to their broadband customers, from just £7 per month.

The recently launched *One Touch Switch (OTS)* means customers can switch to *Lightning Fibre* quickly and

easily; select *OTS* at checkout and *Lightning Fibre* will talk to your current provider and manage your move to *Lightning Fibre* for you, saving you time and hassle! Under this process, you don't need to contact your current provider at all.

Ofcom research found that 43% of people were put off switching as they think "it will be too time-consuming". And of those who do switch, nearly a quarter (24%) who contact their current provider face unwanted attempts to persuade them to stay.

Lightning Fibre operates a Sussex-based customer service call centre, available every day from 8am to 8pm (except on Christmas Day), and a retail unit in Eastbourne, located

in the *Enterprise Shopping Centre*, open Monday to Friday 9am to 5:30pm if you prefer to chat face to face. *Lightning Fibre* covers Hastings, St Leonard's, Hailsham, Eastbourne, Brighton and Hove, and Worthing.

The company offers a fixed price for 24 months, although 12 month and rolling contracts are available, and the company does not impose annual inflation-busting price hikes each April, unlike mainstream competitors. 12 and 1 month rolling contracts are not part of the Winter Sale, but still provide good value for money.

So, if you've been waiting to switch to full fibre broadband, now's the time – the best prices for lightning-fast full fibre broadband, the most reliable broadband technology.

**www.LightningFibre.co.uk
01323 380260**

Harmony Steps Dance!

Looking for an exciting and fun way for your child to stay active?

By **Peter Lindsey**

It's a local dance and theatre company based in Eastbourne.

Harmony Steps offers Pom Cheerleading and Dance Classes designed for children of all ages! Whether they're new to dance or have experience, these classes provide the perfect blend of cheer, dance, and teamwork.

Here's why your child will love dancing at *Harmony Steps*:

Fun & Energetic Classes – A perfect mix of dance and cheerleading techniques, all while putting fun first!

Builds Confidence – Watch your child shine as they learn new skills and perform!

Expert Instructors – Experienced and friendly team ensures a positive learning environment.

Teamwork & Friendship – Your child will develop lasting friendships while being part of a supportive team.

All Skill Levels Welcome – From beginners to more advanced dancers, everyone is welcome.

Classes are available for children aged 4 and up!

harmonystepsdance.co.uk

***Harmony Steps* – Where Every Child Can Shine!**



Unearthing Treasures

THE *Martin Kaye Watches and Jewellery Buying Roadshow* is returning to Eastbourne.

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

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

Their experienced team of appraisers are more than just

By **Barrie Crowhurst**

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

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

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

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

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

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

The Art of valuation

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

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



“

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



“

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

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

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

A potential windfall

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



Why sell to the MK Roadshow

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

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

To learn more about *The Martin Kaye Buying Roadshow* in Eastbourne, please visit: www.mkwatchesandjewellery.com or call **07885 893190** or **07966 253726**.

The Roadshow will be at the *The View Hotel, Grand Parade, Eastbourne BN21 4DN* on the 24th and 25th of November from 10:00am to 5:30pm.

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

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

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



Hidden Gems

Your jewellery box could be hiding a small fortune.

On our last trip to Eastbourne, amongst a large quantity of costume jewellery we unearthed some valuable items worth many thousands of £'s, that the customer was completely unaware of.

Ghostly walks in East Dean

LARRY Gray is an incredible man. He is a cancer survivor and has also undergone many personal challenges, both physically and mentally.

By **Peter Lindsey**

18 months ago, he moved to East Dean from Stoke-on-Trent, and at first he struggled to find employment and engage with others in the village.

Then, he reached out to the village cricket club – and from that, he now runs a business called *East Dean Ghost Walks*.

Larry said: “I have played cricket for 40 years, and part of that is meeting people, which I knew that I desperately needed to do.

Part of the community

“I wanted to be a part of the community – the East Dean community.

“My bubble had gone – I was in the military for many years and life was now very different. I had also gone through prostate cancer, and everything associated with that.

“I was a hermit, I felt that my life was over and I wouldn’t be doing what I am doing today without the support of the *Royal Artillery Association Lewes Branch* and *East Dean & Friston Cricket Club*. I finally began to meet people again.”

East Dean Ghost Walks offers a unique and atmospheric tour through the history and hauntings of East Dean.

Captivating experience

Led by Larry, the walks blend eerie folklore with real historical events, creating a captivating experience for all. Walks leave the *Tiger Inn* on Friday and Saturday evenings at 6pm and places cost £10. Bookings can be made on

www.eastdeanghostwalks.com or before 5:45pm in East Dean.

Larry said: “I dedicated myself to researching local ghost stories, smuggling history, and other folklore from East Dean and the surrounding areas.

“With help from the local community, including a website built as a gift by local designer Adam Lee, I have crafted what I hope is a memorable and entertaining ghost walk experience that promises to both thrill and educate.

“I’ve always had a passion for local history and storytelling. Bringing these stories to life has been



incredibly rewarding, and the support from the cricket club and the community has been amazing.”

For the Halloween season, Larry organised a ‘Halloween costume competition’ in collaboration with the *Relate* charity shop team in Meads and Seaford and he is looking for interested hotels to participate in a ‘special spooky hotel stay’ package in partnership.

The walks provide a thrilling journey through East Dean’s history, from chilling ghost stories to tales of smuggling, all set in the picturesque landscape of the South Downs. Whether you’re a local or a visitor, Larry’s storytelling and the rich history of the area promise an unforgettable experience.

Planting ghostly seeds

He said: “It has been going really well. We had 15 at one of our recent meets, and that included a visitor from Dorset, which really pleased me.”

The idea for the ghost walks emerged during a pivotal conversation at the East Dean village fete. Larry confided in a fellow cricket club member about his personal struggle to adapt to civilian life. That moment of honesty led to a conversation over dinner at the local *Tiger Inn*, where the seeds of the ghost walk business were planted.

Club chairman Jason Woodford said: “Larry has been through a lot, but he’s got such a great spirit and a fantastic ability to tell stories. We realised that East Dean’s history, especially its ghostly tales, could be a perfect fit for him. The idea just clicked.”

For more information or to book a ghost walk, visit www.eastdeanghostwalks.com or follow *East Dean Ghost Walks* on all the social media channels at [@eastdeanghostwalks](https://www.instagram.com/eastdeanghostwalks)

“

Whether you’re a local or a visitor, Larry’s storytelling and the rich history of the area promise an unforgettable experience.



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ESC Training Hub hosts inspiring Green Primary Challenge

***EAST Sussex College* welcomed students from six primary schools for the exciting *Green Primary Challenge*, held at the *College's Green Training Hub*.**

By **Peter Lindsey**

The event focused on sustainability, renewable energy, and future green careers, giving young students a chance to dive into the world of eco-friendly practices.

Elaine Remon, Head of *Future Skills* at *ESC*, said, "We were thrilled to host the *Green Primary Challenge* at our *Green Hub*. The students' enthusiasm was fantastic, with each school presenting well despite their age. They left with a deeper understanding of sustainability and the bee hotels they made, which were a real hit!"

Students participated in activities like building wind turbines, designing bee hotels, and learning about sustainable construction careers with *CITB*. They also explored waste management and the benefits of solar power.

One student shared their excitement: "I enjoyed learning about the bees—I gotta love them! The solar panels are useful!" Another added, "I enjoyed everything—my favourite was the wind turbine, and I'm proud of our presentation."

This inspiring event, organised by *Eastbourne Education Business Partnership* and the local council, gave young students a hands-on look at sustainability and green jobs, leaving them with valuable lessons — and their very own bee hotels!



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- Oriental items – even when chipped or damaged
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- Music related or sporting items
- Any quirky items or unique items we can write about and promote on TV

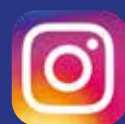


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Live ON AIR!

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

By **Tim Sorensen**

Organised by Eastbourne Education Business Partnership and broadcast from studios at East Sussex College in Eastbourne, EYR will see students aged 5-19 from local schools present their radio shows covering a wide range of topics – much of it live.

This year's broadcast coincides once again with several notable events. Namely, *Anti-Bullying Week*, *Global Entrepreneurship Week*, *UK Parliament Week* and finally *BBC Children in Need*. Individual programmes will cover all of these during the packed 3-day schedule.

Wonderful opportunities

EYR is only made possible by the considerable support and involvement of many businesses and organisations that are detailed in the listing page opposite.

Alison Brewer, Director of *Brewers Decorator Centres* and lead sponsor for 2024 says, "We are delighted to once again support the *Eastbourne Youth Radio*, a very worthwhile project in our heartland of Eastbourne. We've seen first-hand the wonderful opportunities the project offers the students; developing organisational, technical and creative skills and giving the opportunity to delve deeper in topics that directly affect them and their future. We're very excited to get involved and hear what the young people of Eastbourne have to say!"

Providing support

We are grateful to receive financial support again from the *Eastbourne & Lewes District Community Safety Partnership* in recognition our *Anti-Bullying Week* work. Plus, we will be discussing issues around knife crimes with Katy Bourne, Sussex Police & Crime Commissioner. *Eastbourne & District Samaritans* and *Holding Space* will be providing support around mental health and wellbeing.

Looking ahead to a packed schedule, *Southern Water* is back to talk about those nasty 'Unflushables'. *Edwards Vacuum* will be talking engineering and *Construction Industry Training Board* and *Jenner (Contractors) Ltd* will be looking at construction. The team at *Radio DGH* will be promoting their work and seeking more volunteers. *East Sussex Healthcare NHS Trust* and *St Wilfrid's Hospice* will be sharing some important community messages and *Enterprise Shopping Centre* will no doubt have a word or two to say about Christmas!

Developing skills

EYR is all about enabling young people to research, produce, present and perform their own material in association with community partners for a family audience. From this they will learn and develop a whole range of skills that they will find helpful in future life.

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

87.7FM
EASTBOURNE
YOUTH RADIO
LIVE ON AIR
13-15 NOV 2024
www.eyr.org.uk

EASTBOURNE
EDUCATION
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PARTNERSHIP

Brewers
DECORATOR CENTRES

EAST
SUSSEX
COLLEGE



Programme Schedule

www.eyr.org.uk



Wednesday 13th November

Programmes kindly sponsored by:

10:00-11:00	EYR Launch Mix	Brewers Decorator Centres
11:00-12:00	Bede's Prep	Enterprise Shopping Centre
12:00-13:00	Polegate	Mayor of Polegate, Cllr Dan Dumbar
13:00-14:00	East Sussex College	Mears Group
14:00-15:00	Heron Park Primary Academy	Eastbourne Borough Council
15:00-16:00	East Sussex College	The Teen Anxiety Coach
16:00-17:00	East Sussex College	Holding Space
17:00-18:00	East Sussex College	Eastbourne & Lewes District CSP
18:00-19:00	Answer Back!	Recruitment South East
19:00-20:00	Radio DGH	Radio DGH
20:00-22:00	East Sussex College	East Sussex College Group
22:00-24:00	East Sussex College	Firebrand

**** **Weather Reports Today** **Eastbourne & Lewes District CSP**

Thursday 14th November

Programmes kindly sponsored by:

24:00-04:00	East Sussex College	Eastbourne EBP
04:00-07:00	East Sussex College	Bournefree
07:00-08:00	East Sussex College	Rotary Club of Eastbourne
08:00-09:00	East Sussex College	Let's Do Business
09:00-10:00	East Sussex College	Edwards Vacuum
10:00-11:00	Stone Cross	UpCountry Garden & Country Store
11:00-12:00	Bede's Senior School	Bede's Senior School
12:00-13:00	Meet the Media	East Sussex College Group
13:00-14:00	The Turing School	Construction Industry Training Board
14:00-15:00	Our CEO's Hour	Foundry Eastbourne
15:00-16:00	East Sussex College	Chalk Eastbourne
16:00-17:00	East Sussex College	Eastbourne <i>unLtd</i> Chamber of Commerce
17:00-18:00	East Sussex College	Eastbourne Homes
18:00-19:00	East Sussex College	Southern Water
19:00-20:00	East Sussex College	Eastbourne & District Samaritans
20:00-21:00	East Sussex College	Domino's Pizza
21:00-22:00	East Sussex College	East Sussex College Group
22:00-24:00	East Sussex College	Neupauer Training

**** **Weather Reports Today** **Ditzy Media**

Lead Sponsor:



Thank you to **Ditzy Media** for kindly providing Social Media and **CobbPR** for Hospitality Tea. 😊

Friday 15th November

Programmes kindly sponsored by:

24:00-04:00	East Sussex College	Eastbourne EBP
04:00-07:00	East Sussex College	The Best of Eastbourne
07:00-08:00	East Sussex College	Jenner (Contractors) Ltd
08:00-09:00	Cavendish	PRG Marketing & Communications
09:00-10:00	Cavendish Primary	East Sussex Fire & Rescue Service
10:00-11:00	The Haven School	The Observatory Science Centre
11:00-12:00	East Sussex College	St Wilfrid's Hospice
12:00-13:00	Cavendish	East Sussex Healthcare NHS Trust
13:00-14:00	East Sussex College	Eastbourne Borough Council
14:00-15:00	EYR Close Mix	The BIG Futures Show

**** **Weather Reports Today** **AFH Payroll Solutions**



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BLACK FRIDAY

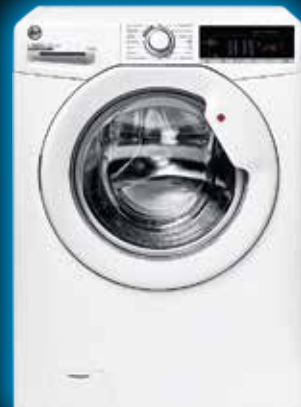
1st - 30th November



Metz 43MRD6000ZUK
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Jess takes the reins at Foodbank

“IT’S an incredible charity and I love it.”

By **Peter Lindsey**

Jess Holliday is the new CEO at Eastbourne Foodbank, taking over from Howard Wardle.

Howard retired after 13 years, having made a huge difference to the community.

Jess is confident that she can do the same, but in her own way.

“I am incredibly excited to be given this opportunity, it is a real privilege. Our vision remains the same – to challenge all social injustice and to bring hope.”

She’s been at the charity for two and a half years, having been the Campaigns and Communications Manager, and then Deputy CEO. Before that, she worked in education.

She’s very proud of the work that *Eastbourne Foodbank* does, including work around debt and advice, and also the *Baby Basics* project and community work.

Jess said: “We are not government funded so we are indebted to the people who donate, and to the amazing volunteers we have.

“We know that we can change people’s lives, and that is why we want to reach out to as many people as we are able to. Emergency food really can be life saving. We add in advice and support work to lift people up and out of needing to come to the *Foodbank*.

“Our advisors are top quality – they work at our satellites and Advice Cafe, and we try to be in the areas where people really need that help and support.”

Foodbank will also be launching its first ever Christmas fundraising appeal in November.



Kim is a real Community Champion...

SO much so that she has been shortlisted in the *Community Heroes* category in this month’s *Eastbourne Business Awards*.

By **Peter Lindsey**

Kim Hatcher-Davies is the Community Champion for Morrisons Eastbourne. So what does she do?

“I help the little people have a voice – I strive to raise the profile of charities and organisations which are not so well known.

“Morrisons is currently working with 47 charities, including *SASBAH*, *Computers for Charities*, *Defiant Sports* and *St Wilfrid’s Hospice*, a cause very dear to me.

“I also help schools where I can, including *Oakwood* and *West Rise*. I also arrange work experience for the amazing young people at *Hazel Court*.

“I am a connector. If I can’t help myself, then I connect them with people who I think will be able to.

“I’ve been doing this job for 13 years and I absolutely love it. I like helping people, it really is as simple as that.”

From those past 13 very busy and successful years, the *Wheelie Big Vehicle Rally* is very special, and it will be happening this December for the third year.

Last year, it travelled from *Morrisons*, down *Lottbridge Drove*, into *Seaside* and up to *Langney Shopping Centre*. It looped back to *Morrisons* and then on to *Sainsbury’s* on *Cross Levels Way*, over to the *Hospital*, on to *Decoy Drive* then back to *Morrisons*.

Taking part were buses, tractors, classic cars and motorbikes, recovery vehicles, refuse lorries, various emergency vehicles, all festively decorated and driven by special Christmas characters.





St Wilfrid's Hospice

Lights of Love

We never forget the people we have loved; we cherish our memories, keep our photographs, share our stories and think about them often. Lights of Love is your chance to remember and celebrate the lives of those you have loved, by dedicating a star on our beautiful tree.

You are also invited to join us at a special Lights of Love remembrance event. Each event is a wonderful inclusive occasion with music, readings and refreshments, and a moment of reflection for those who have held a special place in our hearts.

01323 434221 | stwhospice.org/lights



Moments to cherish

Helen Stenlake will be remembering her husband Andy at this year's Lights of Love. Read on to find out why.

"As we snuggled up together on two hospital beds, watching our favourite TV comedies, Andy and I roared with laughter. Just a few days later, Andy died in St Wilfrid's Hospice, but they'd given me moments to cherish.

I really loved Andy's sense of humour. He was a cheeky chap and it made his day if he made someone laugh. We were together for 7 and a half years, until metastatic colorectal cancer stole him away last November, aged 53.

Andy had chemotherapy and a few spells in hospital before St Wilfrid's Hospice became involved in his care in May 2023, just after we married.

I don't know what I would have done without the support of the hospice. Without the doctors and nurses coming out to look after him, and having the 24-hour Nurse Line, the situation would have become almost unbearable.

When Andy decided he was happy to die at the hospice rather than at home, I was relieved. Of course, I would have done anything for him, but the pressure builds up, so to have people take that stress away is really valuable.

Andy and I both commented on how friendly everyone from

the hospice was. Nothing was ever too much trouble, and they do everything with a smile and amazing efficiency.

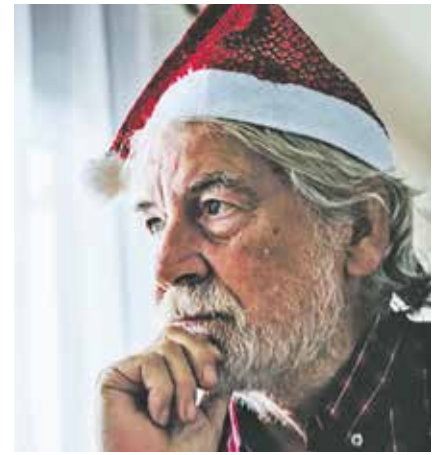
I think there's as much value in how the hospice looks after the families afterwards as much as they do for the patients. After Andy died, I took up the hospice's offer of bereavement support. It was good to have an outlet.

This year I'll be taking part in Lights of Love as I think it's a perfect opportunity and place to remember Andy. It's important to keep the memory of your loved one alive and it feels even more special as it's organised by St Wilfrid's. It's also a great way to give back to the hospice. We received care when we needed it because other people paid for it, and I want others to have the same."

To find out more about Lights of Love, or to dedicate a star and make a donation, please visit stwhospice.org/lights or call 01323 434221.



Age UK East Sussex Christmas Appeal



HELP Age UK East Sussex ensure people like John are not left alone this Christmas.

By **Gail McKay**

For many, Christmas is a time filled with joy, laughter, and togetherness. However, for people like John, the holiday season can be one of the loneliest times of the year.

Age UK East Sussex is calling on the local community for urgent donations to help make sure people like John

don't go for days without speaking to someone, especially at Christmas.

The reality of loneliness in later life

John's story is not uncommon. "I give thanks to Age UK East Sussex for the difference in my daily life, knowing that they are there for me, and that their sole aim is my wellbeing. They

are like a soothing presence by my side. They also helped me obtain my attendance allowance which has given me the independence, strength and confidence to live my life to the full."

In East Sussex, thousands of older people face the prospect of spending Christmas entirely alone, with little or no social interaction. Age UK East Sussex provides vital services such as befriending, wellbeing calls, and in-home visits to ensure that older people aren't forgotten, particularly during the festive season. However, with the cost of living crisis and growing demand for support, the charity needs help more than ever.

A small donation of just £10 could fund a befriending call, helping someone like John have a meaningful conversation and feel connected to the world around them.

How to donate

www.ageuk.org.uk/eastsussex
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Pride of Polegate Awards

WE love to recognise businesses who do so much for their community.

By **Peter Lindsey**

Well, The Polegate Community Foundation has just presented three businesses with a 'Pride of Polegate' Award.

- *Home and Castle Estate Agent* at Millfields, Station Road
- and *Haine and Son Funeral Directors* in Polegate High Street.

The three are:

- *Willow Tree Financial Services*, based on the Chaucer Business Park

Tracey Wells from Home and Castle said: "I have supported many different community events and civic



events with different Mayors on *Polegate Town Council*.

"I have also helped *Polegate Football Team*, have had many work experience placements, and I have supported Polegate's Christmas event for many years and also taken part in organising it.

"Charities I help include *You Raise Me Up* and the *Children With Cancer Fund*."

Meanwhile a spokesperson for *Haine and Son* said "Our team

is very honoured and proud to receive the award.

"We are privileged to be able to look after families within the community and contribute as much as possible - from our dedicated window displays and collecting for many different local charities.

"We are always so grateful for the support we receive from the Polegate community and we would like to stress that our doors are always open and everyone is welcome in for a chat."



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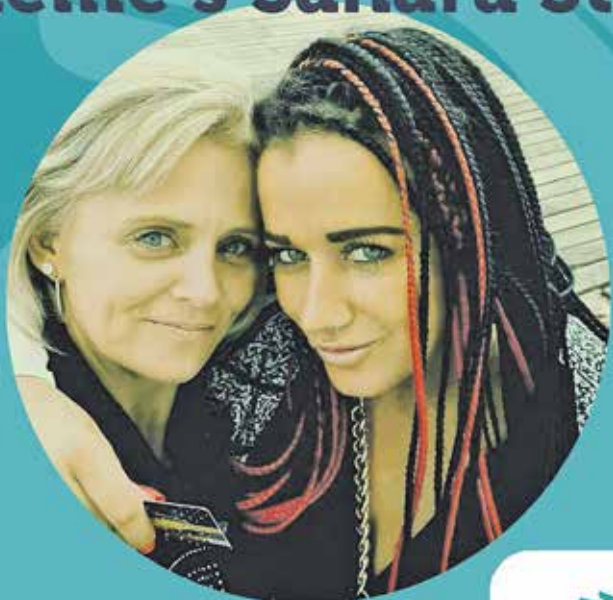
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Shellie's Sahara Story



"Chantelle was only 38 when she died at St Wilfrid's in July. I decided to join the Sahara Trek to give me something to focus on in my grief, while also giving back to St Wilfrid's."



Hospice Safari Trek – fancy it?

WOULD you describe yourself as open to adventure? Are you determined and adaptable to unexpected changes? If that sounds like you, then the hospice *Sahara Trek* might just be the perfect fundraising challenge for you!

By **Peter Lindsey**

An Information Evening is being held on Tuesday 19th November at 6pm at St Wilfrid's Hospice.

Shellie Marshall signed up for the Sahara Trek after her sister, Chantelle was cared for at the hospice.

She said: "Chantelle was only 38 when she died at St Wilfrid's in July. She had liver disease, and it was only two short months from diagnosis to dying.

"As soon as she arrived at the hospice, Chantelle was comfortable, calm and at ease. The nurses are lovely, and everyone, even staff and volunteers in the café, are there for you when they see you getting emotional.

Such a difference

"Being at St Wilfrid's made such a difference to our family, especially her two sons. We liked the atmosphere, it was light and bright, and it even smelt nice with diffusers everywhere.

"So, I decided to join the Sahara Trek to give me something to focus on in my grief, while also giving back to St Wilfrid's. In a way, I feel like I'm taking Chantelle with me. She's always in my heart and I'll be thinking of her all along the way."

Sign up here for the evening at: www.stwhospice.org/event/sahara-trek-2025-2

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'The best pizzas in town' at Rustico

RUSTICO Eastbourne – at 53 South Street – offers a distinctive Neapolitan dining experience and 'quite simply, we serve the best pizzas in town.'

By **Peter Lindsey**

So says owner Gavin Lambert, who is feeling very optimistic now the downstairs refurbishment has been completed.

Gavin said: "We are your friendly neighbourhood Italian restaurant, situated in the Town Centre, and open for all.

"We open from noon to 10pm seven days a week serving the very best fresh made pizzas and pasta. We also operate a Takeaway service with our very own 'Hello Rustico' delivery app.

"We are perfect for family meals, date nights, special occasions

and also a group of friends or workmates wanting a night out or meal at lunchtime.

"We have seating for 50 including downstairs, which can be booked as a private function room where you can easily seat 25. There's no hire fee for downstairs." And they are now taking bookings for Christmas.

Rustico Eastbourne offer exclusive house dishes, including Carbonara, cooked by top chefs and served by friendly and welcoming staff.

"Come and join us," says Gavin.

"We look forward to meeting you and serving a meal to remember in a friendly environment."



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Making a real difference

THAT'S Eastbourne Sovereign Inner Wheel, whose latest kind gift is helping the homeless.

By **Peter Lindsey**

Members have been wrapping and packing shoe boxes for the Blythwood Care charity.

The charity collects the shoe boxes which are then transported to Kosovo to help people who are homeless, have suffered trauma and basically have nothing.

It has sent out more than 2.6 million boxes in the last 30 years.

Care and kindness

Each box is different, each one personal, and each one an expression of care and kindness towards a stranger in need.

June Christophi said: "Every year *Eastbourne Sovereign IW* ladies – together with other *IW* clubs in our District – wrap shoe boxes, and select gifts appropriate for different age groups and sexes.



"We have great fun doing this, We meet in different members' house who generously provides us with refreshments, and we get the boxes ready for collection.

Get in touch

"If there are any ladies out there who like this idea and would like to find out more, please get in touch.

"We meet once a month, in *Chalk Farm Hotel* and whilst enjoying lunch

we discuss ways to support local charities as well as overseas ones.

"We also organise social events, theatre trips, coffee mornings and afternoon teas.

"We knit, we sew, we bake but most importantly we have fun, and we care... Come along, see what we do and then hopefully join us."

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Rachel's a true star

RACHEL Keen has just been named New Volunteer of the Year at the annual *Sussex County Football Association Awards*.

By **Peter Lindsey**

And it's not hard to see why...

Two years ago, she had no connection with football. Now she is a leading light in volunteering at grassroots football.

This is what she's done in the last year for *Polegate Grasshoppers FC*:

- She's now the manager of the U12 Green girls
- She's been Chairperson of the girls section
- Helped to recruit coaches
- Helped set up the club's kitchen and doing the stocktaking and recruiting volunteers
- Securing club sponsors
- Helped set up and organise birthday parties for players
- Helped launch Wildcats training on Saturday mornings
- Organised players schedules for the whole season in advance.

Rachel, 38, from Polegate, said: "Two years ago, I knew absolutely nothing about football but my two children Jade, now 11, and Joshua, now eight, were both playing, and I said that I would be willing to help in any way.

"I started by helping on the sidelines really.

"Then, it came to a stage where we needed new coaches otherwise there would be no team.

"So I started teaching myself online with the FA Level 1 course and also watching on *YouTube* and *DNA Football*.

"And that was it. Corin has been the u12's manager but he has just stepped down so I am taking over as manager.



"I have learned so much from Corin as Assistant Manager, including passing drills, positioning and covering."

Rachel says there is a lot to learn from losing a game as well as winning.

"You see so many times children are being pushed to win but they are children and there is also so much to take in from losing.

"Football should be about everybody and giving our children equal playing time regardless of ability. They are a team, and that is important. A club has to be welcoming for everyone.

"I want to give the girls the best I can. We need to be the best – well, that leave that to the *Premier League*. It's about picking up skills at an early age that will be useful in life later on, such as working as a team and listening."

The awards were held at *The Amex* – and Rachel said it was 'nice to be recognised for my hard work.'

Christmas Fair

***FRIENDS of The Devonshire Park Theatre* have organised a fair for all the Family.**

By **Gail McKay**

Put Saturday 30th November 11am in your diary and pop into the *Shackleton Hall* at the *Welcome Building*.

Expect stalls with perfect Christmas gift ideas. *The Friends of Devonshire Theatre* will have a stall where you can find out about the work they do through fundraising, and the fun you can have being a member.

Home made refreshments will be available, so you can meet up with friends and enjoy delicious treats.

Try your luck with games, raffles, tombola's. The children can have their face painted too.

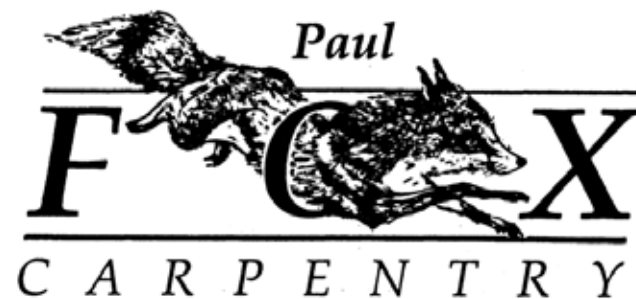
There's even a Competition Prize for the Best Dressed Christmas Child.

Entertainment will be provided by by *Stardust Duo* 11:00–12:15pm & their own DJ.

This is a great event that would love support from local people.

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Chamber member wins top prize at Customer Experience Awards

Victoria Healthcare Management recently scooped the top award at the prestigious Sussex Business Show.

The award was established to celebrate businesses that prioritise the needs and satisfaction of their customers. Victoria Healthcare

Management came first among 100 other exhibitors, in a rigorous selection process that involved mystery shoppers. Victoria Healthcare was singled-out for their achievements in customer satisfaction in a world increasingly dominated by chatbots and automated responses.

Victoria Healthcare Management provides free, impartial advice to help individuals and businesses find the best healthcare coverage.

To find out more, visit www.victoriahm.co.uk



Burn out to Bright & Flourishing

As the colder weather sets in, Chamber member Jane Long talks us through her tips for dealing with burnout.

Burnout is real! Many people experience pressure, which brings prolonged levels of exhaustion and stress, affecting them physically, mentally and emotionally.

Pressure comes from changes in family dynamics. Many people find themselves under pressure from taking on extra work and responsibility due to changes in the workplace. This leads to fatigue, insomnia and frequent ill health.

Pressure can also come from the responsibility of caring for loved ones and having little time to yourself.

All these changes can leave us feeling frustrated, emotionally drained and unable to meet constant demands. Burnout reduces your energy levels, giving you a sense of helplessness.

The good news is there are ways to turn your burnout days into brighter days by creating an easy to follow self-care routine. Here are some ideas to get you started:

SET BOUNDARIES.

Practice saying 'no' -especially when you feel overwhelmed. Prevent yourself from taking too much on.

ASK FOR SUPPORT

Overwhelm and burnout can leave you feeling isolated.

Find a local group. Talk to your neighbours, reach out to friends and family. Talking about your worries and sharing problems can help shed the weight of responsibility.

TAKE BREAKS

A change of scenery, such as a short day trip or an afternoon out, can help to recharge your energy and give you a well-deserved breath of fresh air.

PRACTICE MINDFULNESS

Smiling and finding moments of joy can make a big difference to your mental health. Mindful walks in the countryside and nature can help you feel more grounded and centred.

TREAT YOURSELF

Whether it be taking yourself to a local cafe for coffee and cake, or booking yourself in for a relaxing treatment, the sense of wellbeing will do you the world of good and you will feel more like you.

Jane Long is a Reflexologist and wellbeing practitioner with a clinic in Old Town Eastbourne.

She also runs Skin Nourishing Cafe workshops and Soul Nourishing Retreats. www.janelongwellbeing.com



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bhf.org.uk/volunteer

New Members for October

Sussex Audiology Centre • Design Shake • Cavendish Education Trust • Care for the Carers • Sussex Footcare • Archer and Partners • Little Chelsea Health Store • DMSE (DMS Enablement) • Redox Lifestyle • SARA Connect • Eastbourne Property Shop Sales and Lettings • HelloDPO • Revive Health & Fitness • Helix Healings

Eastbourne starts Sussex Bonfire season with a bang... well, almost!

Bonfire society battles high winds to put on a spectacular torchlit procession, raising money for Chamber member ManKind.

The Sussex Bonfire season - which runs from September to late November - is the highlight in a year-round calendar of events for Eastbourne Bonfire Society.

Eastbourne Bonfire fell this year on October 5th. There was fine weather over the three days in the runup to Bonfire Night, during which time, the Society constructed a giant bonfire on the beach and dipped 3,500 torches ready for lighting.

On the evening, all was still during a remembrance ceremony at the Royal Sussex Regiment Memorial, but winds began to pick up as the various societies and marching bands formed-up on the seafront. Brave Bonfire Boys and Girls made their first procession, which was well attended by cheering crowds, that huddled together against the winds.

Eastbourne Bonfire, whose motto is 'Burning for the Community' has a serious message underpinning their festivities. Bonfire Night celebrates a

proud Sussex tradition and honours the fallen of two world wars, and the torchlit processions raise funds each year for a chosen local cause. This year, volunteers collected money for Chamber member ManKind – a CIC dedicated to providing emotional and mental health support to men in our town.

Crowds and participants continued to fight the weather, until the Bonfire Society was forced to take the difficult decision to cancel their bonfire and fireworks due to high winds.

Over the coming days, the Bonfire team stood guard over their fire site in all weathers, before holding a low-key fire on the beach on Wednesday. A dedicated team then set about clearing up thousands of nails and restoring the beach to its previous state. Eastbourne Bonfire Society: Buring for the community and clearing up afterwards!

If you'd like to get involved as a sponsor, or a participant search 'Eastbourne Bonfire' on Facebook. Visit ManKind at mankindcic.co.uk



Eastbourne Bonfire at a recent visit to Heathfield. Image courtesy of Alison Ridley /Facebook



Volunteers raise funds for ManKind

Lifestyle (Not Just) Headshots day at FOUNDRY with Adas Goldshtein

Lifestyle (Not Just) Headshots day at FOUNDRY with Adas Goldshtein

Adas Goldshtein is offering a day full of back-to-back lifestyle headshots at FOUNDRY Eastbourne on 27th November.

The headshots sessions are perfect for anyone needing a refresh, update or for

anyone looking to give their business a professional, personal edge.

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Huge revamp at The Oval

**THE future is looking very bright at *The Oval*
Arena 3G Training Complex – Eastbourne. Very
bright indeed...**

By **Peter Lindsey**

**It's the home of *Eastbourne United FC*, which has seen a
circa £1 million investment in the
past few months.**

That includes a complete new 3G artificial pitch but also a huge revamp of the facilities inside and out, including the changing rooms, car parks and bar/clubhouse areas.

There's also a new entrance area for spectators and a fully refurbished tea bar inside the ground.

Chairman Matt Thompson said: "*The Oval Arena* has been created to serve the football club with great facilities to enable growth within the club, and to resurrect what once was an amazing sporting hub. It's here to not only serve the football club, but also to the community.

"The football club & *The Oval Arena* now share a joint ambition to be an integral part of the local community, and indeed we are not a social members club – we are fully open to the community.

"We are part of the *Princes Park* area that includes the *Perch restaurant*, *Princes mini-golf*, sailing and also the Park itself. Our site has been run down for too long – now we are proud of our contribution to the town and *Princes Park* itself."

Teams using the new facility include:
Eastbourne Rangers
Willingdon Youth
Allstar Soccer
Men Utd (Mental Health Team)
Sussex Girls JPL Teams
and of course **Eastbourne United**

It really is glorious inside and outside, and represents an opportunity for outside groups to book the venue.

Two stands are also named in memory of two *Eastbourne United* greats – former England manager Ron Greenwood who coached at *Utd* in 1957, and former great *Eastbourne United* player Eddie 'Titch' Woods, who died last year. Eddie's Ashes were buried in the centre circle when the pitch was being installed.

To make an enquiry, email the theovalarena@gmail.com



A very special Victory Parade

A SUSSEX charity has staged a very special Victory Parade to thank an amazing dad and his teammates from Hailsham who completed the gruelling *Three Peaks Ultra Challenge*.

By **Peter Lindsey**

Children and young people at Chailey Heritage Foundation and their support teams cheered and waved flags as Matt Vince and his friends cycled into the charity's riding arena wearing their Chailey jerseys.

Some of the disabled children who receive specialist education and care support from Chailey, also cycled on their trikes as the group performed a moving lap of honour.

Matt handed over a cheque for more than £45,000 – the amount raised through the *Three Peaks Challenge* in August. These funds will help ensure that Chailey is able to help even more young people and their families access the education and support they desperately need.

The group of 13 had to battle extreme weather conditions, including flash floods, and they made the task more difficult by cycling between each Peak, some 450 miles.

They included Olly Stables, who owns the *FFH Gym* in Station Road, Hailsham, where Matt trains.

Matt, 33, said visiting Chailey Heritage was amazing.

He said: "It was a very moving experience to come back to the charity which provided such great support for my partner Sam and young daughter Luna-Rose.

"It was a real buzz when we cycled into the arena and could see the smiling faces of the young people who we raised the money for.

"Chailey Heritage Foundation is a truly wonderful charity – and I am proud that we have raised so much for what is a small charity."

Matt also raised £25,000 for Chailey Heritage in April 2023 when he ran the *Brighton Marathon* – the first time he's ever run a marathon.

Gareth Germer, Chief Executive of Chailey Heritage Foundation, paid tribute to Matt and his teammates.

He said: "We are truly grateful for what you have all done, and rest assured it will make a difference to what goes on at Chailey Heritage.

"Everyone has bad days, we all do, but when any of us here are having a challenging time, we can think of what you have all done to give us a lift."

You can still donate to this fantastic cause here: www.justgiving.com/page/lunathreepeaks



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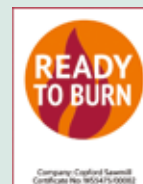
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Claire Riley-Hall, Volunteer Creative Lead.

Scrap Store's a big success

EASTBOURNE Scrap Store is new – and it's growing increasingly popular.

By **Peter Lindsey**

It's based inside Langney Community Centre in Etchingam Road, and is where you can donate and buy cheap recycled arts and crafts materials.

At the same time, you are also doing your bit to recycle.

Claire Riley-Hall is the Volunteer Creative Lead.

She said: "What we offer is for people interested in arts and crafts. We are able to repurpose what is donated.

"The *Eastbourne Scrap Store* is based on the principle of reduce, reuse and recycle. It works by taking re-usable, safe, clean waste products ('scrap') donated by individuals and local businesses that can be repurposed by its members into pieces of art, crafts and gifts.

"That could be wallpaper samples, fallen twigs, cushion covers, jam jars, fabric, artificial flowers, and so much more.

"Volunteers sort out the items and members pay a small fee to collect scrap from the store for personal and group use within the community. People can then come in and buy a bucket for

£5 full of donated items. It's virtually everything you need for a project.

"It's also about social isolation – we welcome people who want somewhere to go, people who want to contribute their time to benefit their community and need a purpose, and we hope that is something we provide."

The *Scrap Store* also provides an outreach provision in the form of workshops where participants can explore ways in which they can put 'reducing, reusing and recycling' into practice in a shared environment.

Low-cost workshops are held every Friday. Subjects include Mosaic, Painting, Decorative Letters, and on Wednesday there is Community Makes, where people do just that ie make something for the community. One example was making something new for the fairy trail at *Shinewater Community Garden*.

Claire says: "We are all volunteers and the project is completely non-profit. We want to make the benefits of engaging in arts and crafts affordable to all."

It's open Tuesday to Friday, and most Saturdays. You are guaranteed a warm and friendly welcome.

Email: Eastbournescrapstore@outlook.com

Invite to the community

'I LOVE it here – it's a great space and we want the community in Langney Community Centre.'

By **Peter Lindsey**

The words of Emma Fielding, who is very proud to be the Centre Manager.

She's passionate for the Centre, in Etchingam Road, to become a central part of the community – and it's already gone a long way to achieving that.

Emma said: "We have worked very hard to ensure that *Langney Community Centre* is a friendly, warm and welcoming place.

"We are trying to make ourselves more visible, and we want to bring the community together. Our focus is on what can we offer and what does the local community want.

"We also have some amazing volunteers, and I want to thank each and everyone of them."

So, what does go on at the Centre:

Tues – Community Fridge and Café, 1pm to 3pm.

Tues – Youth group (run by the council/Youth Hub), 6pm to 8pm.

Weds – Community Fridge, open 10:30am to noon.

Weds – Little Cubs toddler group run by Family Fun Gatherers, 10:30am to noon.

Weds – Latch on–Breastfeeding support group (community group), 12:30pm to 2pm.

Weds – Little Lions after school club run by Family Fun Gatherers, 3:30pm to 4:30pm.

Thurs – Foodbank, 10am to noon.
Thurs – Friendship Club cafe, 1pm to 3pm.

Fri – Bridge Café (community group), 12pm to 2pm.

There is bingo once a month on a Saturday evening. There is also a Christmas Fair on November 30th and a children Christmas Party on December 14th.

Emma said: "We are also open for private hires, such as birthday parties. We are working hard to ensure there is a good balance of community events and activities and providing a space for other groups that benefit the community.

"It's great to see people – young and old – coming here and just chatting.

"I want to say a big thank you to Mears, who recently carried out some improvement work. Their staff were absolutely fantastic."

For more details, email:

Langneycommunitycentrebookings@gmail.com



Emma Fielding, Centre Manager.

What is Probus (or ProBus)?



Geoff, second left, at the SASBAH charity based at Gun Hill. He recently handed over £745 raised through his bowling activities locally.

THE name stands for Professional & Business people and, although that is what our name implies, we are a collection of (not necessarily) retired business and professional people.

By **Geoff Fitch**

We are flexible about membership and anyone can join. We meet twice a month on the first and third Tuesdays of the month.

On the first Tuesday we meet in the Orangery at *The Hydro Hotel* where we have a lovely three-course lunch. This is purely social with no speaker.

On the third Tuesday, we hold a Coffee morning at *The Cumberland Hotel* with a speaker.

We have had some very interesting speakers such as Colin Bostock-Smith, a comedy script writer, Jeremy Hodgkinson talking about the Wealden Iron industry of the 19th century and Ray Sparkes, the Eastbourne Punch & Judy man.

Members also give talks about their own experiences if they feel they have a story to tell but there is no pressure to do so.

We are purely a social club and do not do fundraising. We prefer to

leave that to the *Rotary* and *Lions* clubs who already do such a great job in this area.

If you feel that this is something you would like to try, start by coming to one of our coffee mornings and listen to the speaker.

There is no obligation but, if after coming along a couple of times you feel you would like to join, it is £30 per year.

Email: geoff.fitch@gmx.com



UK Government

Are you over State Pension age, or know someone who is?

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If you are over State Pension age, you may be eligible to claim **Pension Credit**, even if you own your home or have savings. People who claim **Pension Credit** may also be able to get:

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

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

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A day in the life of Matthew 25

WELCOMING everyone from everywhere.

By **Pippa Oliphant**

They need help, from a hot meal to crisis support. For there can be no booking arrangement with the calamity, chaos and desperation these people face.

Monday to Friday, fair weather or foul between 80 and 160 men and women, hungry, lonely, homeless, bruised, bereaved, abused, addicted and rejected find their way to an old flint building beside Christchurch in Seaside. At Brodie Hall the tiny staff and too few volunteers offer somewhere to sit down, itself a huge relief in a life of endless trudging, for tea or coffee and free freshly cooked meals.

Garden

Some collect from the gazebo outside, taking their food away or into the lovingly tended garden where others sit, with the odd dog, to chat and smoke. Basil and tomatoes are over but Michaelmas daisies are pretty and the fruit trees still have leaves. Most go up the red brick steps, through rather battered wooden doors. The hall an old school house with arching cobwebbed rafters, timber panelling, and high on the walls, cut out silhouettes of London skyline, from the then *Oasis Drop In Centre's* collaboration with *Eastbourne G&S society*. Different name, once a different place, 31 years' service.

Donated goods

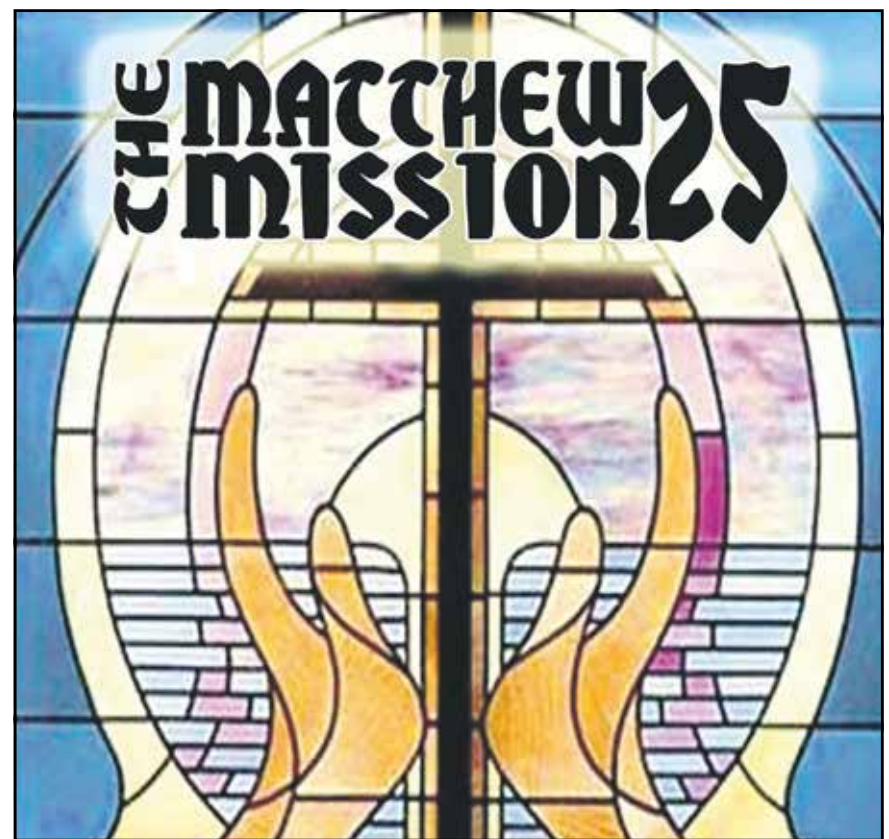
There are blue plastic chairs, folding tables in fours, twos and singles, and at the end, flanking the computer and radio shelf, chocolate brown

cupboards crammed with donated toiletries, Thermos flasks, bin bags, socks, underwear, woolly hats, ballpoints and batteries. Sometimes sleeping bags, even a tent. Over on the right-side cupboard, a disconnected microwave oven, overflowing boxes, picture frames and an ancient portfolio belong to the tiny, ever hopeful art group. Later, the folded gazebo will roost on top of this lot. Opposite is a pencil portrait of Tracey, cherished regular, battered to death on the seafront for her benefits. Potted orchids and chrysanthemums on the windowsill are an M&S donation, along with copious doughnuts, sausages and chopped carrots. Possibly a small picture, drying between art sessions. Unmissable from the door a large painted tree. The leaves name guests, known and loved, who have died. There are always more.

Cooking from seven

Dilapidated galley kitchen, scrupulously clean. Cook starts at seven. From eight orders are shouted through. Volunteers slap bacon & egg butties onto plates and into paper bags, through the hatch or into a big black insulated bag for outside. It's full on, and a relief when the throng dwindles briefly before the last mad rush. Most breakfasters then go about their business; some settle in for more tea and company, or doze off after a sleepless night on the street.

As plates are washed, cook conjures from whatever she has, the most delicious lunch possible, for anywhere between 75 and 110 people.



Support

The Charity also signposts and supports people to move on in their lives, so after breakfast, tables at the end become somewhere to consult Matthew 25's Key Workers and outside agencies like Mental Health and Housing. The population fluctuates, jackets arrive on chairs and disappear as owners visit the loo or go outside to smoke. Hefty backpacks come and go from corners, sound levels shift from mumble to hilarious din. Perhaps the radio goes on for confidentiality at an end table. Challenging for the hard of hearing!

Lunch

12:30, Lunch. Twenty probably seated, others eyeing spaces, or asking for sauce or squash or pudding. Many regulars, but also newcomers and others not appearing as expected. Like the ad hoc attention required of Hall Manager and Key Workers, catering in the moment is challenging. When the bain-marie is empty and there are more mouths to feed, it's Ready Meals and microwave. Nobody arriving before 2 goes hungry.

At 3pm, taking left over cakes or fruit, the last guests return reluctantly to the streets, and doors are closed until tomorrow.

Its charity shop across the road helps guests and struggling families with clothing, household items, toys and furniture, cheaply or for free. The Mission's phone rings continually. Its van collects and delivers everything from curtains to cookers, sometimes bypassing the shop itself. Never a

house fire or an eviction but *Matthew 25* knows and is on the case.

- **Nationally, poverty explodes.**
- **Austerity bites and chews at Eastbourne.**
- **Charities feed people.**
- **Matthew 25 also gives them unique Hospitality and Care.**

It had 15,032 guest visits in 2019, and 38,082 in 2023.

Costs rose from £128,034 to £220,000.

The Mission is in jeopardy. It has no regular official financial support. To stay open

it must put its core funding on a secure footing.

This can easily be achieved if 1500 local people can gift aid just £10 a month

Failure would be devastating for our guests, and it would have a knock-on effect for Eastbourne as a whole.

Can you help Matthew 25 help Eastbourne?

www.matthew25mission.org
 Facebook: [Themathew25mission](#)
 Instagram: [themathew25mission](#)

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Meads Magic

WHAT better way to start the festive season than a visit to *Meads Magic*, the first event in Eastbourne's Christmas calendar.

By **Gail McKay**

Meads Street will be closed to traffic, dressed up to the nines and lined with stalls selling hand made jewellery, candles, paintings, prints, cards and toys plus delicious sweet and savoury morsels to eat – all created and produced by local artists and artisans.

Gifts and treats

Meads Street's legendary *Grand Flowers & Gifts* and the lovely health and wellbeing store *Longleaf* will also be full of beautiful festive fayre. Meads Magic is the perfect place to find unusual gifts and treats – those carefully chosen presents that really do make Christmas special.

Live performance

And on the main stage school choirs from *Bede's*, *St John's* and *St Andrew's* will be singing carols and Christmas songs and there will also be performances by our much-loved local musicians, *The Howlerz* and the talented local gospel trio *The Remnant*.

Food and Mulled Wine

Meads Street restaurants *Ancient Grains*, *Xing Fu* and *Ren's Kitchen* will also be serving their own fabulous street food and if you fancy a glass of warming mulled wine, then look no further than *Chapman's Wine Merchants* on the corner of Matlock Road.



3000 visitors

It is estimated that around 3,000 people come to *Meads Magic* during the course of the event, the highlight of which is the Festive Parade down Meads Street when *The Howlerz* will lead Santa and his elves to the main stage where he will greet the crowd with a special Christmas message. It's a brilliant way to get into the spirit of Christmas!

**29th November
14:30 – 19:30
Meads Street, Eastbourne
BN20 7RH**

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www.meadsmagic.org**



Meads Magic would not be possible without the support of our sponsors so we would like to take this opportunity to thank each of them for their generosity and their much-valued community spirit.

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This is Home.**

We mustn't forget Faye Craddock of **The Ship Inn** who generously provides a hot baguette and a drink to all our volunteer stewards at the end of their shift, which is just brilliant.

Thanks a million everyone.





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Dem Shish: More than just a Turkish restaurant – it's an experience!

AT Dem Shish, we don't just offer food – we offer a complete experience. Since reopening in 2020 under the leadership of Kadir Akan and Emir Ardeniz, our restaurant has gone from strength to strength.

By **Ayca**

As we look ahead to 2025, we continue to expand our offerings with exciting new dishes on both our dining and drinks menus, aiming to provide Eastbourne with the best possible experience.

An experience you'll remember

Every day at *Dem Shish* is special. We love offering our guests great value, which is why we have daily promotions. From Monday to Wednesday, we offer a 20% discount on meals, giving our guests the perfect excuse to enjoy a midweek treat. On Thursdays and Sundays, we have a 2 selected

cocktails for £14 deal, which has become incredibly popular for those looking to unwind with great drinks at great prices.

Brunch the right way

We know how much our guests love a good brunch! That's why we've expanded our brunch offerings. Along with our well-loved Prosecco Cocktail Brunch every Saturday and Sunday, we've introduced a brand new Cocktail Brunch. Featuring favorites like Sex on the Beach and Pornstar Martini, it's the perfect way to enjoy your weekend with friends and family.

Get ready for the Festive Season

We're thrilled to announce that our Festive Menu is back! This year, we're offering both 2-course and

3-course options, ideal for group gatherings, office parties, or family celebrations. Make sure to book early so you don't miss out on the festive fun.

Unmissable entertainment

We take pride in creating a lively and welcoming atmosphere at *Dem Shish*. From Monday to Thursday, you can enjoy live music from 7:30pm, adding a touch of entertainment to your dining experience. And on Fridays and Saturdays, our DJ performances start at 8:30pm, turning up the energy and making *Dem Shish* the perfect weekend destination.

Celebrate New Year's Eve with us!

Our New Year's Eve celebrations are always epic, and this year will be no different. As in previous years, we'll be hosting a live performance from Eastbourne's very own *The Spooky Wagons*, one of our favorite Thursday bands. After their performance, *DJ Dan*—one of our regular Friday DJs—will take over to keep the party going into the night. With raffle prizes, an incredible atmosphere, and delicious food

prepared by our talented kitchen team, this is the perfect way to ring in the New Year. Tickets are available now on our website, and limited early bird tickets are on sale – so don't miss out!

We offer a **20% discount** on meals from Monday to Wednesday.

Every Thursday and Sunday, enjoy **2 selected cocktails for £14**.

We've introduced a **Cocktail Brunch** every Saturday and Sunday alongside our popular Prosecco Cocktail Brunch, featuring drinks like Sex on the Beach and Pornstar Martini.

Live music from Monday to Thursday starting at 7:30pm, and DJ performances every Friday and Saturday from 8:30pm.

Our **Festive Menu** has both 2-course and 3-course options.

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Tony and Linda Bloom celebrate a successful fundraising lunch with Norman Cook, Tim and Sue Cobb, and the Overcoming MS team.

Overcoming MS

EASTBOURNE businessman Tim Cobb was diagnosed with MS in 2012 and has found great support and encouragement from *Overcoming MS* founder, Linda Bloom.

By **Peter Lindsey**

She's the wife of Brighton and Hove Albion chairman Tony Bloom, and nearly 200 Sussex businesses and entrepreneurs have raised £30k for the charity Overcoming MS at a lunch featuring Brighton "royalty" Tony and Norman Cook.

Tim organised the day at *The Amex*, with the fantastic support of Ryan Heal from *Best of British Events* and Sam Thomas from *County Business Clubs*.

"There was a great atmosphere from beginning to end," Tim said.

"Overcoming MS Medical Advisor, Jonny White, who has MS, spoke about his amazing cycle ride from Bushmills in Northern Ireland to *The Amex Stadium* in Brighton.

"Next up was Ryan Heal with a Heads & Tails game, followed by Sam Thomas hosting our amazing auction.

"The Tony and Norman Q+A lasted 45 minutes. The audience wanted more, but we had to bring proceedings to a close. We certainly left everybody hungry for more.

"Many people will know, or know of, *Brighton and Hove* football club owner Tony Bloom.

"What they will not be aware of is that Tony's wife Linda founded *Overcoming MS* 12 years ago. Today as President of the organisation, Linda and the *Overcoming MS* team continue to support and give hope to thousands of people around the world struggling with this debilitating and degenerative disease."



Norman Cook interviews Tony Bloom.



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Free parking and a friendly welcome



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

By **Peter Lindsey**

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

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

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

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

“Come and pay us a visit.”

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www.activedaysmobility.co.uk

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

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

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



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**Tuesday 19th November 2024
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Bowes House care home celebrates 'Good' rating

The team at Bowes House care home in Hailsham is celebrating receiving a 'Good' rating after a recent inspection from the Care Quality Commission (CQC).

Bowes House achieved 'Good' ratings in all areas inspected, safe, effective, caring, responsive and well-led.

What 'Good'-rated care looks like

"Our commitment to delivering high-quality care is unwavering, and we are proud to see this endorsement from the CQC" explains Bowes House Home Manager, Natasha King, "Everyone has contributed to making Bowes House an unparalleled place to live and work, and this rating stands as a testament to everyone's dedication to brightening each residents' day. We believe that every resident deserves the best possible care and support, and this rating validates our ongoing efforts to meet and exceed these standards. I'm so proud of the team, who work so hard to make residents' lives enjoyable and fulfilling. It's always

great to hear such positive feedback from relatives and residents. It really means a lot. I look forward to celebrating this achievement with the team and continuing to build on our success in delivering exceptional care."

Luxury living

Bowes House offers luxurious facilities, including a coffee shop, cinema, hair salon and beautiful landscaped gardens. Our chef-led kitchen teams are passionate about providing high-quality food and there's always a choice of nutritious and delicious dishes at every meal.

A lifestyle tailored to you

At Bowes House the team is passionate about supporting residents to enjoy a fulfilling life. They learn all about your

interests and preferences so they can create a fully personalised lifestyle plan that you'll enjoy; whether it's gardening, cheese and wine socials, playing chess or a trip out in the mini bus.

Trust us to care

Bowes House care home in Hailsham is part of Care UK, the country's most awarded large care provider. We've been delivering high-quality, person-centred care for over 40 years. With some of the highest regulator ratings and more outstanding homes than any other provider, you can trust us to deliver the very best of care.

To find out more about Bowes House, call 01323 364183 or visit [careuk.com/bowes-house](https://www.careuk.com/bowes-house)

Footpath Frolics

DID you know that we have over 140,000 miles of footpaths, bridleways and byways in the UK? And that 2000 of them are in East Sussex?

By **Gill Mattock**, Polegate Ramblers

Most of these tracks are historic and follow routes our ancestors took in the days when travelling by foot was the only option for most people.

I still get a shiver down my back when I walk along an ancient path trodden by a dozen generations or more as I imagine what the purpose of their journey might have been compared with mine.

It was the *National Parks & Access to the Countryside Act of 1949* which led to the definitive map of public rights of way and required

maintenance of those rights of way to be shared between the *County Council* and landowners.

The *County Council* is responsible for clearing surface vegetation and according to their website, completes between 50 and 100 miles of paths a year. This suggests it will take them upwards of 20 years to clear all the local paths hence the need for my trusty secateurs! I've lost count of the number of times I've had to hack my way along barely visible paths more reminiscent of the Amazon Jungle than the East Sussex countryside as I force

my way through stinging nettles, brambles, overhanging branches and weeds (those are the days you wish you hadn't worn shorts!!).

Many landowners take their responsibilities seriously ensuring that us ramblers can travel safely and easily across their land by reinstalling paths across field after planting, clearing paths and maintaining stiles. Others sadly do not hence the occasional sight of groups of ramblers threading their way through 6ft high sweetcorn, climbing over (or even under) fences or gates and not forgetting perfecting their limbo dancing techniques!

But not all our footpath issues have been caused by a lack of maintenance. Climate change has had an effect too leading to more flooding and muddier treks than ever before. Recceing a route in advance has taken on an even greater importance as some paths become completely impassable and require a detour. Life as a Rambler is never dull, why not come and experience it yourself?



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

polegateramblers@gmail.com



Gene Genie

CAN we control our genes and potentially live long? Science says 'yes'.

By **Gail McKay**

While, as babies, we inherit approximately 20,000 genes - each gene has two copies, one from each parent – the study of epigenetics shows that lifestyle choices can also influence the activity of those genes.

In essence, this means we can affect how those genes are expressed, or 'turned on' or 'off,' through various lifestyle factors.

Change your diet

The food we eat can impact gene expression in processes like metabolism, inflammation, and oxidative stress.

For instance, studies suggest that components of foods like fruits, vegetables, and fish can influence genes in ways that may promote health.

However, you can do more than just eat 'more healthily' by specifically incorporating foods that activate AMPK, an enzyme that plays a crucial role in cellular energy homeostasis. Good quality green tea and the antioxidant quercetin – found in onions, broccoli, citrus fruits and berries – are proven to help activate the 'master switch' of our metabolism.

Sleep more

What better excuse to hit snooze than to boost your lifespan? Not only is sleep essential for overall health and can influence gene expression related to metabolism, immune function and

brain health, but disrupted sleep patterns may also contribute to various health conditions.

Get moving

For over a decade, scientists have been studying a gene called FOXO3 which activates autophagy – the process of cells getting rid of old and worn parts, which is vital for increasing healthy lifespan.

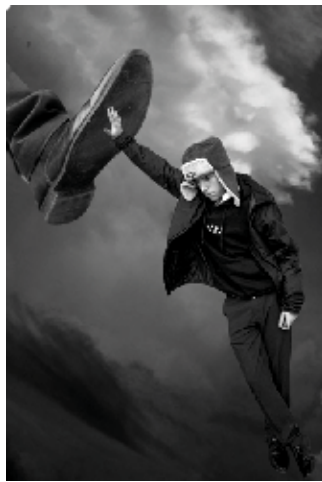
Exercise is an effective way of activating the gene FOXO3 as it responds to the stress of workouts on the body.

FOXO3 also protects against cardiovascular disease and cardiometabolic disease (heart attacks, diabetes and non-alcoholic fatty liver disease).

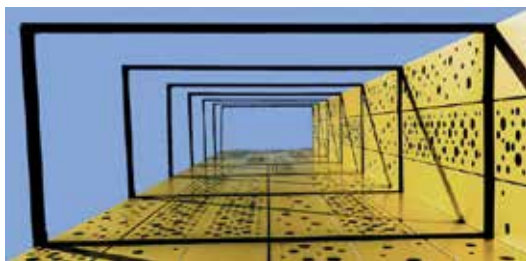
Chill out

Chronic stress can affect gene expression, particularly genes involved in the body's stress response and immune function. Techniques such as mindfulness, meditation, and deep breathing are useful tools in reducing stress.

The Arts



Farley Arts Trust Awards **10th** anniversary



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Adrian Chappell at the new art gallery in The Lansdowne Hotel

King Edward's Parade BN21 4EE
November 16/17 and 23/24 (10:00am–5:00pm)



ADRIAN Chappell is an artist and writer based in Eastbourne. His latest work is called *Postcards & Postscripts*. This is a semi-autobiographical project based on his experiences of growing up in the UK in the 1950s and 60s. Paintings and accompanying stories, one per year, explore personal and public events across these two decades. An illustrated book will be published in 2025. *A Drive to Bridlington* is an example from 1964.

1964: A DRIVE TO BRIDLINGTON

I'd passed my driving test a few weeks ago (second attempt no shame btw) and my dad lets me borrow the family car. It's a Morris ISIS, three litre estate. Magnificent. Not so much for its power, but because it's trimmed with polished wood, American style! Not just an ordinary estate car – but a station wagon!

Bridlington

Today, three school friends are with me. We are planning to drive over the Wolds to Bridlington, an east coast seaside town. We're supposed to be thinking about our 'A' levels choices but I'd already

By **Adrian Chappell**

decided my destiny lay on the road to art college. You can do that with minimal grades, my art teacher had said. Just draw; that's all you need to do. But still-lives? In truth I didn't have much to draw upon.

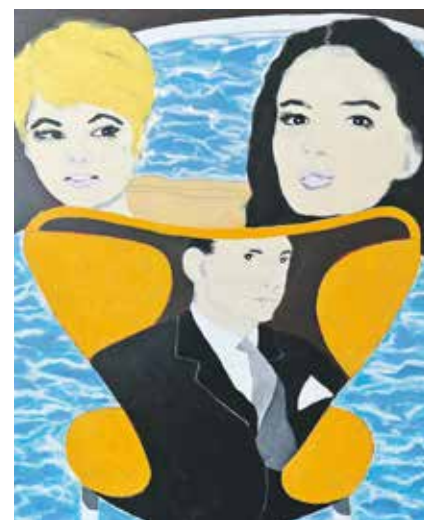
Galleries

He suggested I browse the tiny art history section in the school library. Thumbing through the volumes, I stumbled across something called the 'Renaissance' and lots of information on 'Old Masters'. I noticed that the best paintings can be seen in galleries. We have one in Hull called *The Ferens*. But London's galleries seem better, more to see, more going on. *The*

National Gallery is pre-eminent, but the *Tate Gallery* sounded more promising. Then I come across a cluster of galleries in somewhere called Mayfair. Hmm...? They are exhibiting paintings by living artists!

Blond-haired guy

I toot the car horn in excitement, then glance in my rear-view mirror. "Set your mind to it, lad", says a blond-haired guy with round black-rimmed glasses. "By the way, I've always had a thing about Bridlington", he chuckles, before taking a long drag on his cigarette.



Adrian Chappell:
www.curiouscurators.org.uk
07905 008902
adrianchappell47@gmail.com
[@curiouscurators](https://www.instagram.com/curiouscurators)

Eastbourne Artists Open House at the newartgallery in The Lansdowne

PETER Patterson founded the *newartgallery* in 2007 in *Barleylands Craft Village, Billericay, Essex.*

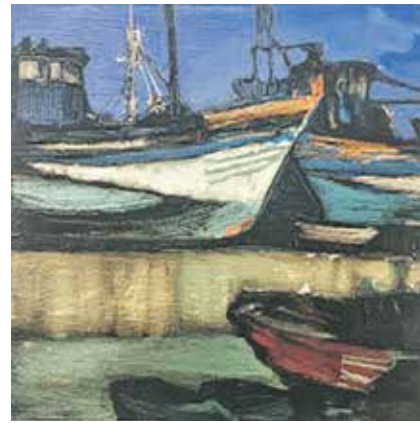
By **Adrian Chappell**

In 2014 He moved to East Sussex and set up his gallery in Alfriston. Just before Covid and lockdowns he moved to Eastbourne.

Since then, Peter has met many local artists who have joined his gallery.

Their works are on display in his pop-up gallery in **The Lansdowne Hotel** on a regular basis. For this year's *Eastbourne Christmas Artists' Open House*, Peter is collaborating with Adrian Chappell to show a collection of his recent work together with other artists he represents in **The Lansdowne Hotel.**

The following artists on display are:



Nick Bowering.



Alan D Pearce.



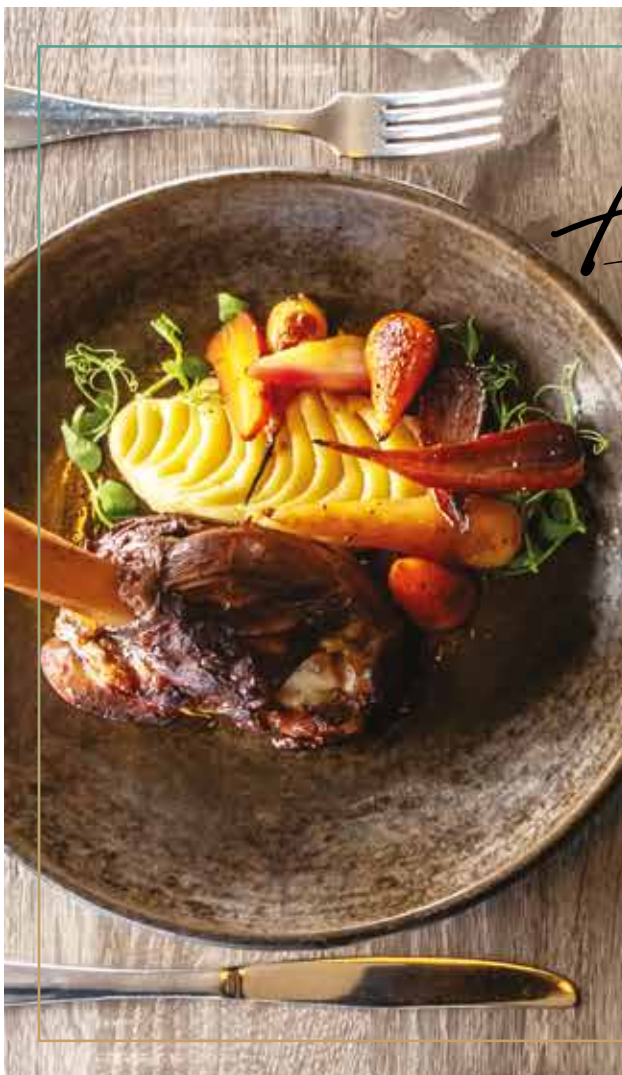
Christopher Osborne.



Michael Wynn-Jones.

John Ball, Vicki Disney, Michael Wynn-Jones, Samantha Tufnell, Mark Austin, Alan D Pearce, Annalynne Cooke, Christopher Osborne, Nick Bowering.

Peter Patterson:
info@newart-gallery.co.uk
07970 549873
[@newart_gallery_eastbourne](https://www.instagram.com/newart_gallery_eastbourne)



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Jackie Marsh and the Fabulous Jackettes, one of the acts appearing on the night.
Image: Sam Picton

A Musical Extravaganza!

**HARMONIZE Productions proudly presents
A Musical Extravaganza – in aid of Eastbourne and
District Veterans CIC – on Friday November 15th.**

By **Nicki Watts**

**The show is to be held at
Eastbourne Borough Football
Club, Priory Lane. Doors open
at 6:30pm and the show starts at
7:30pm, with the expected finish
time being around 11:30pm.**

Food and drink will be available from the bar.

There will be a wide range of musical genres presented, with songs to suit most tastes, so there will be something for everyone to enjoy.

There will be a raffle during the interval, with some attractive prizes on offer.

All proceeds on the night will be going to the aforementioned charity.

Tickets are £10 each and are available from *Harmonize Productions* **07554 880964** and *Eastbourne and District Veterans CIC* **07483 291651**.

This will be the debut show for *Harmonize Productions* (fundraising specialists who put on shows and entertainment to raise funds for local and national good causes) and we can't wait to entertain you!

The line up will include several well known, popular local singers.

Book now

Tickets are selling fast so book now to avoid disappointment.

A brilliant, fun night is guaranteed.



EASTBOURNE Christmas Artists Open Houses and Studios have been running successfully for more than ten years.

By **Gail McKay**

With a large and eclectic number of artists and makers in Eastbourne, it's wonderful way to meet the artists, and find unique Christmas presents.

With a range of prices, there are 26 different venues opening their homes and studios, there's sure to be something for everyone!

The long time participants include *The Big House* in Prideaux Road with a mix of painting, textiles, jewellery and ceramics, also painters Vicki Disney and Dave Rice in Old Town, Milliner Angela Elliot plus many other regulars are joined by some new artists. *The Little House* in Hurst Road is a group of artists and makers offering porcelain, printmaking, lampwork beads, stained glass, spinning and natural dyeing while Emma and William Ed Smith are showing a selection of their own work including paintings, prints, photography and ceramics while Mark Halpern is showing his photographs in Bradford Street.

Many houses and studios will have Christmas decorations and artists Christmas cards available to buy.

Taking part also is the *Emma Mason Gallery* in Lushington Lane and a few other galleries, including the *Newart Gallery* at *The Lansdowne Hotel*, *The Lighthouse Gallery*, *Deliciously Gorgeous Cafe/gallery* and the *Collaborative Canvas* in the *Enterprise Centre*. *Meads Arts Circle* will be having an exhibition of members work at *St John's Church* in Meads.



Most artists are in within a mile of the town centre but there are a few a little further out. Painter Paul Jennings is in Channel View Road and Lis Lawrence and members of her art workshops are showing at *The Old Post Office* in Jevington. Dave Nokku is showing his futuristic digital creations at the Harbour.

There is a full colour brochure available at:

www.eastbourneartists.co.uk

16/17 and 23/24 November.



Dave Nokku.

10th Farley Arts Trust Awards and Exhibition

IN November the *Farley Arts Trust* is holding its *10th Anniversary Awards and Exhibition of stunning art works from sculpture, installations and textiles to painting and photography – and all created by students currently taking GCSE or A level art at schools in East Sussex.*

By **Gail McKay**

On Sunday 17th November from 2 to 4pm this exhibition at Farleys Farm in Chiddingly will be open for free public viewing.

All are welcome and trustees, and possibly some of the students, will be there to meet and chat to visitors.

The Farley Arts Trust Awards and Exhibition is designed to showcase the exceptional, often deeply thoughtful and visually powerful,

art produced by these young people. Through this project the Trust is giving the students an early experience of the professional art world beyond their schools.

Visible and celebrated

Founding Trustee, Antony Penrose, who is the son of Lee Miller and Roland Penrose, has said about these biennial Awards “The selection of work in our first exhibition in 2006 set the pattern for all subsequent shows. The schools in the region have consistently shown that they have rich hoards of artistic talent and our purpose is to make that visible and celebrated.”



Georgina Ex – Looking to Light.

**Farley Farm House,
Muddles Green, Chiddingly,
Lewes BN8 6HW**

**Thursday: 10am–4:30pm
Friday: 10am–4:30pm
Saturday: Closed
Sunday: 10am–4:30pm**

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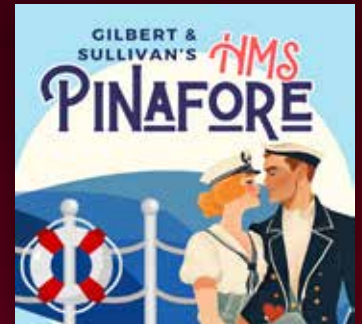
Simon & Garfunkel Tribute
Friday 1 November



The Marley Experience
Saturday 2 November



The Makings of A Murderer 2
Sunday 3 November



HMS Pinafore
7 - 9 November



Kerry Ellis
Sunday 10 November



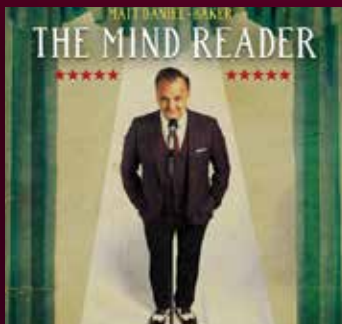
Foster & Allen
Wednesday 13 November



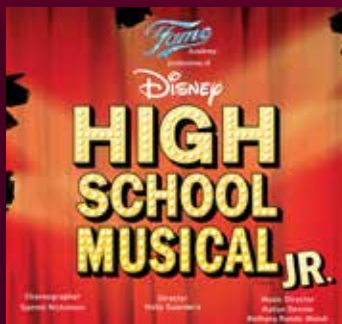
Ed Sheeran Experience
Thursday 14 November



One Night of Adele
Friday 15 November



Matt Daniel - Baker
Saturday 16 November



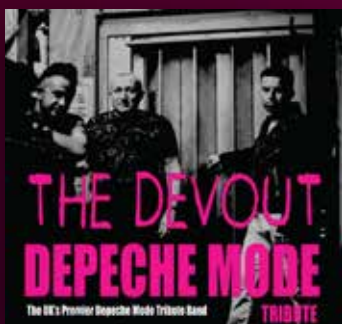
The Fame Academy
Sunday 17 November



Cavendish School
20 - 21 November



Oasis
Friday 22 November



The Devout
Saturday 23 November



Country Superstars
Thursday 28 November



Screaming Blue Murder
Friday 29 November



Rhiannon - Fleetwood Mac
Saturday 30 November

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

A magical Christmas adventure awaits

IT'S a GENIE-US pantomime adventure – Aladdin!

By **Peter Lindsey**

From Friday, 13th December 2024, the Hippodrome is bringing you a laugh-a-minute extravaganza packed with stunning sets, musical hits, fabulous costumes, special effects, and, of course, a magic carpet ride that will leave you spellbound.

Back by popular demand, Luke Roberts and Paul Leno will lead the cast in true *Hippodrome* style with heaps of panto merriment, laughter, and the perfect dose of festive

magic. Get ready for all the joy and fun you've come to expect from our beloved pantos!

Will Aladdin save the day? Will he marry the beautiful Princess Jasmine? Will the Genie finally be freed? There's only one way to find out – by joining us for this magical journey!

Don't miss our 18+ Adult Performance on Thursday, 19th December – a night for the bigger boys and girls to let loose and enjoy a naughtier version of the panto. Bring your friends, have some fun, and do all the things at a panto you normally wouldn't dare!



Bring your little ones to visit Santa in his Grotto before any performance up until Christmas Day. Add a Grotto visit to your booking for just £7.50, which includes a special present from Santa! Be sure to arrive at least 30 minutes before the show to enjoy your Santa experience.

Dates and ticket prices:

Opening Weekend: All tickets £12. Friday 13th & Saturday 14th December.

Prime Time: Full Price £15, Concession £13, Family Ticket £50. Sunday 15th, Tuesday 17th, Wednesday 18th, Friday 20th December.

Peak Time: Full Price £18.50, Concession £16.50, Family Ticket £65. Saturday 21st December – Friday 3rd January.

Adult Performance 18+: All tickets £20.

Thursday 19th December.

Relaxed Performance: Friday 27th December at 11am

Schools Performances: Special rate of £8 per ticket.

Monday 9th, Tuesday 10th, Wednesday 11th & Thursday 12th December.

<https://royalhippodrome.com/event/aladdin> or **01323 802020**

Salt Water Comedy celebrates one year with an incredible lineup.

TWO Eastbourne-based comedians, Claire Carty and Cat Scully, are celebrating 12 months of *Salt Water Comedy*, Thurs 21st November at *The Frontier Bar*.

By **Gail McKay**

The duo have selected, booked and hosted a year's worth of top comedy in Eastbourne.

Headliners have included the likes of Glenn Wool, Dinesh Nathan and Jack Skipper.

November's show is set to be a stellar lineup with handpicked comedians Claire and Cat know and love. "We are so proud of our comedy night and want to give Eastbourne the best of the best this November. We are unbelievably excited with the lineup."

Headlining will be one of comedy's fastest rising stars, Sam See. Sam has toured with Ed Bryne, collected numerous respected reviews and accolades. For just £7 a ticket, comedy-goers are in for a treat.

Book your ticket now: www.tickettailor.com/events/saltwatercomedy

Venue: **The Frontier Bar, Grove Road, Eastbourne**

Date: **Thursday 21 November, 8pm start.**



Cat Scully and Claire Carty.

Those who arrive in celebratory suits and prom dresses will receive goodies.

@Salt Water Comedy
Salt Water Comedy





CHRISTMAS IS NEARLY HERE



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More Info At www.upcountrystorehouse.com/christmas-display

UpCountry, Dittons Road, Stone Cross, Pevensey, BN24 5ET



Green and pleasant

NOVEMBER is the perfect time to start making plans for 2025. You can be ruthless with the plants that performed badly and consider removing them and replacing with a better variety. It helps if you make a note of all your good ideas, ready for next year. Try not to be too efficient during your final tidy up of the year. By not doing, you can provide over-wintering nooks and crannies for helpful garden creatures, such as hedgehogs, toads and ladybirds. Consider leaving tufty grasses, small log heaps and piles of leaves to keep them safe until next spring. They'll reward you by being on hand to control early pests.

By **Geoff Stonebanks**

Dare I mention Christmas? There are lots of companies sending out e mails for you to choose your favourite, real Christmas tree and have it delivered from later this month through until a week or so before the big day! I've used the service in recent years and have always found the delivered trees are first class. Have you ordered yours yet?

Grasses

This time of the year is a great time to cut back many grass flowers or tatty seed heads. The flower and seed heads of ornamental grasses play a vital factor in providing winter interest

and look wonderful covered in frost or snow, but there's a good chance they are looking a bit untidy now as they collapse and break away. In this case, the best thing to do is to cut them back to the base with secateurs. The front beach garden at *Driftwood* is awash with many grasses, my favourite of which is *stipa tenuissima* or pony tails grass. It is a wonderfully impressive plant, with its evergreen base clump of leaves topped in summer with an array of flowering spikes, which turn from silvery green to gold. These can be cut and dried when first opened for use in winter arrangements indoors. Alternatively, they make a useful winter food source for seed-eating birds. I find these still look good through the winter, so tend to leave trimming mine until the Spring.

November tasks

Here's a few suggestions on things to do in the garden this month, providing the weather is in your favour! If, like me, you have potted chrysanthemums in the garden, keep them moist and do remember to deadhead them regularly in order to keep the flowers coming as long as possible. If growing cyclamen, remove leaves that are yellowing, along with the faded flowers, by pulling them from the corm. To prevent leaves from turning yellow it is best to keep them in a cool and bright place. Check on your potted plants that are kept for flowering over winter and ensure they have enough water. For dormant plants being overwintered in a frost-free place you will need to cut down on the watering.

Fireworks in the garden

With Bonfire Night on the horizon, there are quite a few plants that are very reminiscent of fireworks. One in particular, *Allium Schubertii*, is the firework allium par excellence, with vast wonderful dark pink, spiky flowers. It is very eccentric and showy while flowering and great when dried too. *Schubertii* is a bulbous perennial producing bright-green, strap-shaped leaves in spring, which die back before the flowers appear. These consist of 50 or more star-shaped, pinky-purple florets on stems of differing lengths producing a starburst effect up to 30 cm across. So maybe this month is a good time to plant some in your garden for great results in 2025 and beyond!

Another firework inspired planting might be *Pennisetum setaceum* 'Fireworks' (*rueppellii*) which makes a lively addition to bedding displays and patio containers. The fluffy seed

heads can be also cut to make elegant dried flowers. The colourful foliage of this fountain grass emerges with bold stripes of red, pink and green, before maturing to a rich shade of burgundy. From mid-summer to autumn, the showy purple flower spikes rise above the arching foliage in a spectacular architectural "bonfire" display.

Whilst not actually resembling a firework, the *Pyracantha Firethorn*, Flame Orange, pictured in the header gives it a good shot in name alone.

Possible frosts

The weather has started to turn a good deal colder at nights now, so I hope you have taken steps to protect your tender plants. If you are leaving any frost tender plants in the ground, it's a good idea to spread a thick mulch around the base to protect the crown from cold temperatures. That way, even if the top growth is killed off, the roots have a better chance of survival and may re-sprout fresh growth. If you have alpines or sempervivum clumps out in the garden try to ensure that they are not getting swamped by a topping of soggy leaves from trees above. Remove them before they smother the crowns of these delicate plants and cause them to rot.

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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14th November

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HASTINGS

21st November

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