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01/25

Issue 055
January 2025

BOURNEFREE AND
YOU RAISE ME UP

Bournefree Magazine has chosen
You Raise Me Up as its charity
partner for 2025.

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EASTBOURNE
BUSINESS AWARDS

We highlight the Eastbourne
Chamber of Commerce
Eastbourne Business Awards.

Pages 30-37

Bournefree

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Ocklynge School is celebrating a wonderful OFSTED inspection See page 5

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Peter Lindsey, Editor.

Contacts

Email: andy@bournefreemag.co.uk
 Telephone: 01323 430303

Editor

Peter Lindsey
 Email: pete@bournefreemag.co.uk

Advertising

Email: gail@bournefreemag.co.uk
 Telephone: 01323 430303

Email: harry@bournefreemag.co.uk
 Telephone: 07809 443027

Production

Custard Design, Eastbourne
 Email: artwork@bournefreemag.co.uk
 Telephone: 01323 430303

Images

Cover: East Sussex College
 Inner Cover: Ocklynge School
 Business Awards: Jon Rigby
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 The Arts: Matteo Catanese

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

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Here's to a busy 2025

I'M actually writing this column mid-December because of early festive deadlines – but here we are, we've made it to 2025.

By **Peter Lindsey**

Many will reflect on the past 12 months, what's important now is to look forward and make 2025 a successful one.

Here at *Bournefree*, we enjoyed a bumper 2024:

The monthly print magazine goes from strength to strength as we welcome more advertisers and become more heavily involved in the local community. A great example of this was our Gail being a Judge in the *Eastbourne Business Awards 2024*. We were all very proud of that.

Our website attracts becomes increasingly popular with a minimum of six stories each day and every day.

Our social media is where we get the biggest Reach – one story in December about the *Sovereign*

Centre was viewed by more than 130,000 people.

And we expanded with the purchase of the *Hailsham Eye*, a community magazine covering the wonderful town and nearby parishes.

Looking forward, we want to do more of the same this year. We want to reach more people – that must always be the aim.

In the community

And we will do that by being out and about in the community, interviewing more local people and connecting with more local businesses and charities.

We are, of course, grateful, to all the places who allow the printed *Bournefree* to be collected with our bright bins.

We are fortunate to be in key sites such as the *Railway Centre*, *Beacon*, *Pier* and the *Langney Shopping Centre* and we are equally grateful to those smaller places which have *Bournefrees* available each month.

Some people ask if we run out each month. Well, we print 10,000 copies and yes we do run out but not until the last week of the month.

This month's magazine has what we call a WRAP – that's four pages of the *East Sussex College group*, which we thank them for.

Contact the team if you would like a WRAP in 2025.

The town does face tough challenges in 2025 – the *Borough Council*, as we all know, is desperately short of money.

It's no easier at *East Sussex County Council* where tough decisions are also being made.

Eastbourne is a resilient town and we may need some of that going forward this year.

Let's all hope for a happy, peaceful and successful 2025.

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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Ocklynge Junior School celebrates Outstanding & Good Ofsted inspection results!

OCKLYNGE Junior School – part of the South Downs Learning Trust – is delighted to announce the fantastic outcome of its recent Ofsted inspection.

By **Lucie Hamblin**, SDLT

This local junior school of nearly 800 learners across years 3 to 6 has achieved an Outstanding rating in two key areas with the other two areas being Good.

This is a significant turnaround from its previous 'Requires Improvement' status just two years ago.

A pivotal moment

It marks a pivotal moment for the school and reflects the dedication of the staff, their learners, and the wider community in fostering an environment of educational excellence and growth.

This milestone is something to celebrate and be truly proud of and with prospective families currently undertaking Open Events and tours,

this information will be welcome news to current and new families to come.

The Ofsted report commended *Ocklynge Junior School* for its 'nurturing atmosphere' and 'commitment to delivering high-quality education'.

Impressive progress

It noted the impressive progress made in implementing innovative teaching methods and enhancing curriculum offerings, creating a vibrant learning environment that empowers every child to reach their full potential.

Headteacher Paul Reilly, who took over in 2022, expressed immense pride in the school's achievements.

He said: "This Outstanding and Good rating is a reflection of the hard work and determination of our entire school community and, in particular, of my staff team.

We have made significant strides in improving our educational standards and ensuring that our young people thrive both academically and personally.

Heartfelt gratitude

I would like to extend my heartfelt gratitude to my two Deputies, Mrs Linzey and Mrs Bode, together with the wider staff team who have been instrumental in these outcomes. Further to this, I would like to sincerely thank our supportive

parents, and incredible learners who have all contributed to this success."

Community and collaboration

The inspection highlighted various strengths at *Ocklynge*, including effective leadership, positive relationships between staff and students, and engaging lessons that inspire a love for learning. Inspectors praised the remarkable progress that our learners have made in their academic journeys and highlighted the strong sense of community and collaboration that permeates their school.

As *Ocklynge Junior School* moves forward, the focus will remain on continuous improvement and building upon this strong foundation of success.

The school is committed to maintaining high standards and ensuring that every child, current and future, receives the best possible education, preparing them for a bright future.

Ocklynge invites both their immediate and wider, Eastbourne, community to celebrate this achievement, recognising it as a collective triumph that highlights the potential for success across all schools within the *South Downs Learning Trust*.

Hard work and dedication

Paul Murphy, Executive Headteacher of *SDLT*, said: "This Ofsted report is a testament to the hard work and dedication of the staff, children and whole community at *Ocklynge School* and is a fantastic reflection of the progress we've all made together.

This success is a direct result of the trust's commitment to embracing the necessary changes needed to provide an exceptional educational experience for the young people that are part of this community."





Rebecca Conroy, CEO and Principal.

More success for East Sussex College

***EAST Sussex College* has once again been recognised as one of the top-ranked further education colleges for international courses.**

By **Peter Lindsey**

English Language Gazette – the international news and media company for English Language Teaching – ranked the UK providers based on the summary statements published by the British Council.

The College remains in the top 5% of all providers nationally for its International Study Programmes and is one of only

two further education colleges to achieve this ranking this year.

Unusually, *East Sussex College* has been the top ranked further education college for over 12 years.

This recognition highlights the exceptional quality of the College's English Language programmes and international study experiences.

Known for its innovative teaching, dedicated support, and vibrant learning environment, East Sussex

College continues to attract students from around the world.

Mark Allen, Assistant Principal for *International & ESOL* at *East Sussex College*, said, "This ranking reflects the hard work and dedication of our staff and the welcoming community we provide in the college and in our towns for our international students. It's an honour to see our efforts recognised on such a scale."

The College's International Study Programmes offer students a unique

blend of academic excellence and cultural immersion, helping them achieve their goals while enjoying everything East Sussex has to offer.

To find out more about the College's International programme, visit: <https://international.escg.ac.uk>



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Bournefree's chosen charity in 2025

BOURNEFREE Magazine is excited to announce it has chosen *You Raise Me Up* as its charity partner for 2025.

By **Peter Lindsey**

The charity, situated in Polegate High Street, offers emotional and mental health support to families that have lost a young adult between the ages of 16 and 25.

This will be the first time *Bournefree* has chosen a specific charity to partner.

Amazing support

Andy Thomas, owner of *Bournefree*, said: "I am so impressed at the amazing support that *You Raise Me Up* provides to families across Sussex.

"It is a tough time for many charities, and *You Raise Me Up*, hasn't had the easiest times in 2024. I would love to help make its 2025 very successful.

"We are currently putting a plan together for 2025 to help raise funds. If you would like to be part of it, then please email me at: andy@custard-design.co.uk

"During 2025, we will publicise events and news about the charity. We also hope to stage events, and it would be great for the wider *Bournefree* family to be involved.

Simon Cosham, General Manager at *You Raise Me Up* said: "*You Raise Me Up* was founded by the late Jane Brooks and her husband Fraser in June 2011. The charity's sole purpose is to raise funds to assist families that have suffered the loss of a young person aged 16–25 years.

"We are based in Polegate and look after families from Sussex and Kent

providing compassion, support and being able to say, 'we totally understand' rather than 'we cannot imagine what you are going through'.

Feeling less alone

"We have experienced counsellors to assist families and also run monthly groups, where families can come together and feel less alone.

"The mental health impact of the death of a child on surviving family members is huge and *YRMU* supports them to survive that and stabilise their mental wellbeing. This enables them to function again in everyday life and support their lives going forward.

Grief is a lonely journey and making friends with others who have that shared experience and support each other is vital.

"*You Raise Me Up* have now supported over 550 families and we do not receive ANY government funding. Our support is only possible through the generosity of individuals, groups and businesses both financially and gifts in kind.

"We are delighted to be nominated as *Bournefree* magazine's *Charity of The Year for 2025* and look forward to a successful and mutually beneficial partnership in the coming year. Partnerships like this raise our awareness and we are extremely grateful for the support of *Bournefree* and other local businesses."

www.youraisemeup.co.uk



Andy Thomas and Simon Cosham.

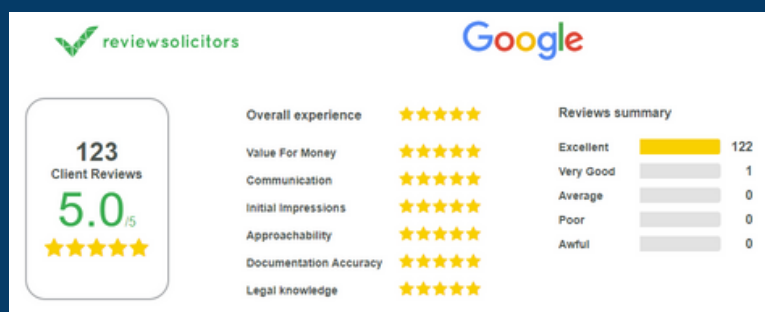
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Final round of Blue Heart Community Fund Grants

THE Blue Heart Community Fund is offering its final round of grant funding to help individuals, community groups, and organisations in Eastbourne and southern Wealden tackle the challenges of climate change and flooding.

By **Sarah O’Flaherty**

Applications for the Community Fund open on January 6th, 2025, and close on February 24th, 2025.

Grants are available to support projects that:

- Manage flooding or drought.
- Reduce the impacts of climate change.
- Protect and share the natural environment.
- Inform and engage people about these issues.

The fund also supports activities that build community resilience, helping people to become more aware, prepared, organized, and connected in response to emergencies like flooding.

Funding is available as:

- Small Grants (up to £500) to test new ideas or pilot projects.
- Large Grants (up to £5,000) for scaling up or expanding successful initiatives.

The Blue Heart Project is funded by DEFRA’s £200m FCRIP. As such, projects must take place in Eastbourne or southern Wealden and align with the fund’s priorities. Applications can be made online or by downloading a form at www.blueheart.org.uk/blue-heart-community-fund

For advice or assistance, contact Eleanor at contact@blueheart.org.uk

Don’t miss this chance to make a difference – apply by February 24th, 2025!

Raystede launches appeal

RAYSTEDE Centre for Animal Welfare has launched an urgent appeal to help keep its animals warm and safe this winter.

By **Peter Lindsey**

With high energy costs and a record number of requests to take in animals, the charity is determined to ensure no animal is left out in the cold.

Faced with what it describes as a “perfect storm,” Raystede is grappling with high heating expenses, surging animal intake, and fewer adoptions, all against the backdrop of the ongoing cost-of-living crisis.

Heating and lighting alone costs the charity £360 every single day and the charity’s spend on essential veterinary medicines has increased by 66% on the same period last year.

Entirely reliant on public donations, Raystede must raise £2.5 million annually to continue its vital work.

Last year, Raystede had an unprecedented 4,278 requests to take animals into its care, with many of the animals it was able to help arriving in need of medical treatment and rehabilitation. Yet, the rising financial strain on households has also slowed adoptions, leaving more animals in its care for longer.

Winter is often a season that brings unexpected costs too, for example the recent high winds caused by Storm Darragh completely flattened one of Raystede’s equine field

shelters. The cost to replace the shelter ensuring their resident ponies and horses can stay warm and dry will cost the charity around £3,500.

Stephanie Smith, Chief Executive of Raystede, explained: “Many of the animals we care for have suffered neglect, abuse or abandonment. It’s our mission to provide them with warmth, safety and hope, but we can’t do it alone.

“Rising costs are affecting us all, but the situation at Raystede remains challenging. Our energy bills are huge and the cost of veterinary medicine is now significant, particularly as we’re taking in more animals with behavioural and medical needs as well as those that require longer ongoing care.

“Every pound donated helps us protect vulnerable animals, from elderly dogs and cats to rescued rabbits, goats, donkeys and horses.”

For further details about how to support Raystede’s winter appeal please visit www.raystede.org/winter-appeal-2024

Raystede has also produced some top tips for pet owners with ways they can help keep their own animals safe and warm this winter. Visit the Raystede blog for further information – www.raystede.org/blog/keeping-your-animals-warm-and-safe-this-winter



Lightning Fibre hits new local milestone



Lightning Fibre's CTO Paul Thornton with the Old Town Primary Node cabinet.

OF 7,586 properties located in Old Town, the *Lightning Fibre* network has reached 6,574 (87%) homes and businesses.

By **Peter Lindsey**

Some 2,021 households and businesses have now switched, which equates to 31% of the connectable premises, or 27% of the total area.

The area went live in August 2021 and was completed in January 2023.

Lightning Fibre provides a full fibre connection to the *Old Town Community Library (OTCL)*, which is free of charge during 2025 as part of the company's community engagement and support.

Invaluable service

Kate Daly, *OTCL* secretary, said: "We are delighted with the service both at home and at *Old Town Community Library*. There are rarely any issues and if there are, they are quickly resolved. The service is invaluable to the library customers, many of whom use the internet and laptops for job searches and homework."

The award-winning *Old Town Community Library*, Eastbourne, is a charity library entirely run and led by volunteers.

The library offers books, free internet, laptops, printing, a superb selection of adult fiction, a small non-fiction area, large print, audiobooks and a lovely children's area.

Founded in 2028, with an HQ in Polegate, and a customer service team and retail unit based in Eastbourne, *Lightning Fibre* is the local network for Eastbourne. The company supports a range of local events and good causes, including *Eastbourne Carnival* and the *Lightning Fibre Ice Rink*.

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Can you help?

HELP Willingdon Trees Community Centre continue to serve you.

By **Peter Lindsey**

Willingdon Trees Community Centre urgently needs your help to keep offering essential services in 2025.

It has a significant funding gap and will have to drastically reduce services unless it raises funds to enable staff and projects to continue in 2025.

Trustee Lisa Playford said: "I am one of the Charity Trustee team at the *Trees Community Association Ltd*. We run the *Willingdon Trees Community Centre* for the benefit of

everyone living in Willingdon Trees and the surrounding area.

"The Centre offers a friendly, warm and safe space. Our wonderful part-time staff and volunteer team provide social groups for older people, young people and families as well as a community fridge and gardening projects. We are also an affordable space for community hire.

"Please help us to keep offering our vital services to the community by donating what you can."



Go to: www.gofundme.com and search for *Willingdon Trees Community Centre*.

The Trees Community Association manages the Community Centre to provide an inclusive community space and activities for all the people of Hampden Park.

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Birds of a feather



KICK off 2025 with a refreshingly healthy hobby.

By **Gail McKay**

If you are looking to get a bit more fresh air, enjoy the natural beauty of Sussex you could consider joining the *Eastbourne and District RSPB*. You'll meet other like minded people while learning more about birds and wildlife.

The *RSPB*, supports and fundraises to help save nature in the South East. They get involved with community

groups such as the friends of local parks (e.g. Hampden Park).

There are monthly indoor meetings usually on the first Wednesday of the month featuring a talk with slide show. The afternoon meetings are served by bus and there is one bus to central Eastbourne after the evening meeting. The venue has a car park and local on-street parking is also available. The group also organises local walks.

Afternoon meetings start at 2:15pm and are repeated in the evening at 7:00pm. Admission costs £5, £6 non-members. Free refreshments are included at half time. The meetings also feature sales of goods, a second-hand book sale, bric-a-brac and plant sales.

They also give talks on birds, nature and the *RSPB* to community groups in the local area.

Membership is only £10 a year and Non-members are very welcome to attend our events.

Meeting place

St Wilfrid's Church Hall
Eastbourne Road, Pevensey Bay
Pevensey, East Sussex BN24 6HL

For more information about the group and activities phone Tony Vass on **01424 844304** or email ag.vass68@btinternet.com

<https://group.rspb.org.uk/eastbourne>



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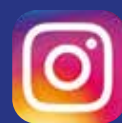


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David Neal Dental Eastbourne – Introducing our new hygienist!

DID you know that keeping your mouth healthy is important not only for your dental health, but also for your overall wellbeing? Poor dental health has been linked to a range of conditions including dementia and heart disease.

By **David Neal Dental Eastbourne**

Taking good care of your teeth with a regular at-home routine is the best way to defend against oral issues, backed by regular visits to your dentist and dental hygienist.

Introducing our new hygienist, Melanie

At *David Neal Dental* in Eastbourne we're delighted to welcome our newest team member, Melanie Woods, who joins us as our new hygienist.

Starting out as a dental nurse, Melanie underwent her hygienist training in the RAF, qualifying in 1994, so she brings 30 years' experience.

"Being married to someone in the military meant we moved around quite a bit, so I've worked in lots of places, including Harley Street. I'm really looking forward to working at *David Neal Dental* – it's a lovely new practice with a friendly team, and Eastbourne is a perfect location."

What does a hygienist do?

Dental hygienists play an important role in providing preventative dental care, helping you avoid serious problems such as advanced gum disease.

They professionally clean your teeth to remove plaque, tartar and deposits that build up on and in between your teeth, removing stains that have built up over time.

They also check for signs of oral diseases including tooth decay and oral cancers, and can advise on lifestyle habits to help keep your teeth, mouth and gums healthy.

What my patients should know about me

"Well, I do talk quite a lot!"

"I was originally inspired to do my job by a dentist who told me I have a nice smile and am good with people."

"That's what I love about my job – interacting and helping people."

"It's important to talk to patients and to understand their treatment backgrounds. I believe in taking a very personal approach."

"I pride myself on being able to make even the most nervous patients feel at ease, even setting up a children's club at one dental practice."

Do you have a tip for having a confident smile?

"Yes!"

"Book in for regular hygiene visits – I recommend every three or four months. They really do help keep your mouth healthy and your teeth cleaner."

"And consider teeth whitening treatment. Professional whitening is



safe and delivers the best results – you can have a whiter, brighter smile in a just a few days. Come and see me!"

Braving My Shave – Raising money for Blood Cancer UK

"Cancer has touched me and my family personally, and I've wanted to shave my hair to raise money for charity for a long time."

"Now is the right time. As I was starting a new job I spoke to my new practice manager Sarah, and she said they were happy to support me. So, I've done it! I even got coverage on *BBC South East*!"

"It felt amazing when I finally shaved it all off – liberating. I couldn't stop smiling. My goal is to raise £500 for *Blood Cancer UK* and I'd be so grateful for any donations, large or small."

"Shaving my head to raise awareness and money is my small way of making a difference. I'm lucky as I know my hair will grow back."

Your support is appreciated

If you would like to support *Blood Cancer UK* and help Melanie reach her target of £500, visit her *JustGiving* page: www.justgiving.com and search for 'melwoods266'.



About David Neal Dental Eastbourne

David Neal Dental in Eastbourne is a family-owned private dental practice and implant centre located at the *Langney Shopping Centre* in Eastbourne.

Our mission is to provide outstanding dental care for all the family.

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New patient consultations are currently offered at just £50 – a saving of 40%. Offer extended to March 31st 2025.

Tim scoops second award

LAST month we featured *Eastbourne Borough's* Tim Brown after he was named *Male Pathway Coach of the Year* at the *Sussex County FA Awards*.

By **Peter Lindsey**

Now, he has received a second accolade – he was awarded the prestigious *Outstanding Contribution* category at the *Sussex Sport & Physical Activity Awards*.

Tim was honoured for nearly 40 years of service to football, particularly in nurturing young talent and making football accessible to all.

Tim said of his award: "I feel shocked and surprised. I was not expecting it.

"It's a bit like buses really, because I've been coaching now for nearly 40 years and I've never won anything and in the last few weeks I've had an award from Sussex County FA and now from Active Sussex as well.

"I feel very honoured and touched and proud. I am thinking a lot of about the children that have come through my hands over the years and gone on to do amazing things, some

who are no longer around. So, it's a very special evening."

Tim's remarkable career in coaching has seen him work with children as young as three across a wide range of teams and programmes, including several pan-disability teams.

Inspiring young players

His commitment to inclusive football has significantly impacted the local community, with Tim continuing to inspire young players from all backgrounds and abilities.

Tim's dedication to disability football has been a cornerstone of his work at *Eastbourne Borough*.

A force for good

In his nomination, one of his colleagues said: "Tim goes the extra mile for every youngster, often in his own time, to deliver fabulous football sessions and opportunities for children – and they all absolutely love him! He is enormously passionate about using football as a force for good."



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Komedia Hall of Fame

DID you know *Komedia* in Brighton started out at a smaller venue in Manchester Street, Kemptown, in 1994?

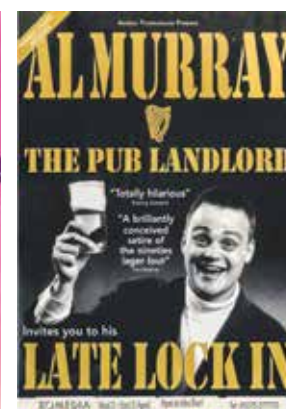
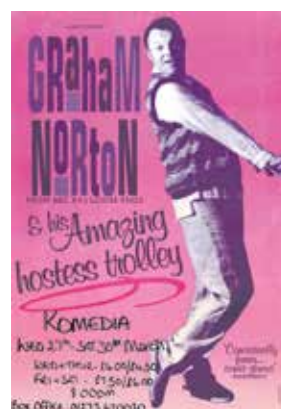
By **Kelly Edwards-Good**

Since then, we've had some amazing – and now incredibly famous – comedians, musicians, and other performers pass through our doors. Take a deep dive with us as we take a trip through the archives.

When *Komedia* first opened, our first season saw some brilliant new talent hit the stage for the first time,

like Graham Norton, Al Murray, Mel & Sue, Sean Lock, Armstrong & Miller, The League of Gentlemen, and Omid Djalili.

In 1998 we moved to bigger premises, our current home, on Gardner Street. Our opening show at the new location on 2nd Oct 1998 was a theatre show called Disco Pigs featuring Cillian Murphy!



Our larger venue has attracted a variety of established and up-and-coming acts over the years, acting as a launchpad for many careers.

Think of comedy acts such as Catherine Tate, Stewart Lee, Ross Noble, Alan Carr, Harry Hill, The Mighty Boosh, Bill Bailey, Johnny Vegas, Dave Gorman, Count Arthur Strong, Russell Howard, John Bishop, Lee Mack, Jimmy Carr, Michael McIntyre, Micky Flanagan, Rob Beckett, Alex Horne, Rob Delaney, Eddie Izzard, Greg Davies, Flight of the Conchords, Jack Whitehall, Dara O'Briain, Sarah Millican, Bridget Christie, Armando Iannucci, Zoe Lyons, Angela Barnes, Maisie Adams, and Jen Brister.

'New' talent in music included Lewis Capaldi, KT Tunstall, Tom Odell, James Bay, IDLES, The XX, Kate Nash, Anna Calvi, Ghostpoet, Bonobo, Bat for Lashes, Arctic Monkeys, Foals, Mumford and Sons, Mulatu Astatke, James Blake, Razorlight, All Saints, Alabama Shakes, Shakaba Hutchings, Black Midi, AJ Tracey, Anish Kumar, and The Mary Wallopers.

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stwhospice.org/volunteering



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Whether you are looking for a new challenge, the chance to test your limits, or just a bit of fun, take a look at our jam-packed calendar and find the right event for you.

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stwhospice.org/events



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stwhospice.org/join-our-team



Fundraise

Could you join the hundreds of others who help to raise vital funds for St Wilfrid's each year?

With over 70% of our funds coming from our local community, your support makes all the difference.

From bake sales to film nights, and raffles to dress-down days, the possibilities are endless. We are here to help you along the way, just get in touch.

stwhospice.org/fundraise



Shop local

From furniture to frocks and books to bric-a-brac, our 11 shops are full of pre-loved gems.

When you shop at your local St Wilfrid's store you are reducing waste and saving money. You are also ensuring people in Eastbourne, Hailsham, Seaford, Uckfield, Heathfield and the surrounding areas have access to expert care at the end of their lives.

Find your nearest store today: stwhospice.org/shops



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St Wilfrid's Hospice

Critical point in our history for St Wilfrid's

HOSPICES are in the midst of a national funding crisis – and *St Wilfrid's* says it's doing all it can to protect services for the future.

By **Peter Lindsey**

St Wilfrid's Hospice – situated at 1 Broadwater Way – has formed a new partnership with other hospices in Sussex to work in partnership with our beloved NHS and create the best outcome for people at the end of their lives.

Fantastic team

Its fantastic fundraising team is also working tirelessly to secure the funding it needs from a variety of sources.

This hard work and effort – and the generosity of our wonderful local



Colin at hub dropin.

community – is helping to address a current funding shortfall.

Chief Executive Colin Twomey, pictured, said: "With your support, we are confident we can ride this ongoing storm without closing services.

"As Chief Executive, I'm charged with thinking about how we spend our money and what we can afford. In the new budget.

"I expect we will face another difficult year.

"I never want to be in a position to have to close part of our service, but these are the stark decisions I may face if the gap in our funding doesn't close soon.

Keeping doors open

"This is a critical point in our history; please, help us to weather this ongoing storm and keep our doors open and nurses in the community in the coming year."

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Plastic Free Eastbourne

THIS is an invitation to our Annual General Meeting.

By **Oliver Sterno**

It will be taking place in the Court Room at the Town Hall, Grove Road BN21 4UG. On Thursday 9th January 2025 Starting at 2:30pm.

Our campaign began at the beginning of January 2018 and is now at the end of its 6th year. Our AGM will include a message from its founder and Community Leader.

This will include the Annual Report, as well as a financial statement.

Guest attendees

Our Mayor, Cllr Candy Vaughan will be present, as well as some Eastbourne Borough Councillors, and our Directors. Our Flagship Employer – Rebecca Conroy, Principal of *East Sussex College Group* – has been invited.



Our organisation is going through a transition and this will be outlined. Some of our achievements will be highlighted. These will include our *Eastbourne Spring Water Festival*, our unique "Adopt a Beach" project, our growing network of Refill Stations, our Champions and our publicity programme to encourage more participants to help Eastbourne to become carbon neutral by 2030.

Our focus is on ridding our town of single-use plastics.

Everyone is invited to this celebration of our progress so far.

Please contact: plasticfreeeastbourne@gmail.com for further details or questions.

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A revolution in the way we shop

A SECOND-HAND Tool Shop is part of a new wave of sustainable shopping.

By **Peter Lindsey**

The Used Tool Shop – owned by Graham Farley – is at the forefront of a repair revolution.

By offering high-quality and pre-loved tools, the shop is not only saving customers money but also contributing to a greener future.

It is situated at Unit 1, rear of 81–83 Dudley Road, Eastbourne BN22 8HE.

Graham is very keen to offer quality items in the shop at affordable prices with an old fashioned shopping experience to the customers.

He said: “We have been recycling tools for the past 15 years and we opened our shop just over two years ago to supply the local community with tools that will last a lifetime.

“All tools are restored and cleaned ready to be used again, saving the local community money.

“We sell a wide range of tools from wood working ones to metal working tools to DIY tools and many other. We also sell nails, screws, nuts and bolts and a small range of ironmongery items.”

The shop is a haven for DIY enthusiasts, tradespeople and anyone in need of reliable tools.

Each tool is carefully restored and cleaned, ready to be used for years to come.

Graham said: “We are plastic free and cost effective. If we extend the lifespan of tools, we can minimize our environmental impact.

“We are part of a new way we are consuming. We are all trying to do our bit to have a lower impact on the planet, and buying second hand is a great place to start because it is cost effective and reduces waste.”

- **Cost-effectiveness:** Repairing a tool is often significantly cheaper than buying a new one, especially for high-quality tools that can last for many years with proper care.
- **Environmental impact:** Repairing tools reduces waste and extends their lifespan, contributing to a more sustainable approach to consumption.

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A Winter Wonderland

WHY on earth would you want to go for a ramble in the winter?

By **Theresa Hancock**

We must be mad – it's cold, wet and windy, and there's nothing to see! I must admit that there's not much pleasure in walking when it is pouring with rain or blowing a gale, but there are days when it is great to get out and nothing beats that buzz when you get back home, put your feet up and enjoy a cuppa.

One of the best winter walks that I have ever done was after it had snowed. Granted, you have to know the paths as the footpaths are no longer obvious, but the glitter of snow on the fields and that scrunch as you tread on freshly fallen snow under the clear blue sky made it an unforgettable experience. That particular day, the walk had taken me up to Bo Peep car park and we were greeted by some intrepid hang gliders having a great time braving the weather.

A walk with a café or pub en route is always welcome or failing that, a church with a nice dry porch to sit in while having a coffee or lunch break. Unless it is a very dry winter, walking on the Downs is more likely to be a better option than woods and

fields as it will be drier underfoot, though you still need to watch out for slippery paths and here a walking pole is useful. If we are lucky we sometimes come across the tracks of animals like deer that you don't often see but it proves that they are around. Of course you need to be dressed appropriately with the latest in thermal undies and woolly hats as well as proper waterproof walking boots

As the days get longer there are signs that spring is round the corner as snowdrops, wood anemones, Lords and Ladies (arum), primroses and cowslips appear in the woods and fields, leaf buds start showing on the trees and even the early white blossom of blackthorn (sloe). Why not come join us and try a winter walk for yourself?

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



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Dorit Oliver-Wolff BEM.

For a better future

THIS Holocaust Memorial Day (HMD) marks the 80th anniversary of the liberation of Auschwitz-Birkenau, the largest Nazi concentration camp complex, and the 30th anniversary of the genocide in Bosnia.

By **Stella Grover**

Here in Eastbourne there will be a special gathering to reflect and remember.

Contributors to the evening include keynote speaker Dorit Oliver-Wolff BEM, a prominent educator in Eastbourne. Having survived the holocaust, Dorit's mission is to ensure that it will never be forgotten.

She will be joined by Vicky Boghal, Stephen Rosenburg, Cathy and Paul

Price, *St Richard's School Choir* and many more.

Opportunity to reflect

Holocaust Memorial Day is an opportunity to reflect on the personal histories of the millions of people across Europe who were caught in between fascism and genocidal policy. An opportunity to reflect on the techniques employed by the Nazis to dehumanise and segregate social groups and the progression from language and propaganda which evolved into what we understand to be the killing of six million people.

We contemplate the subsequent genocides in Cambodia, Rwanda, Bosnia and Darfur.

We remember the scale of the persecution of Jews, Roma and Sinti people, asocials, Jehovah's Witnesses, foreign-born individuals, homosexuals and political opponents between 1933 to 1945. We remember the lives and the generations lost in the hope not to repeat such grave and irreparable losses to humanity again.

HMD is for everyone. Together, they bear witness for communities who

suffered attempted annihilation, and honour the survivors and all those whose lives were changed beyond all recognition.

**27th January 2025
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The Bluebell Walk and Bates Green Garden Photographic Competition 2024

THE winners have been announced – and the images are just amazing.

By **Peter Lindsey**

There were 282 entries in the five categories plus a Junior Class.

Each year the number of entries increases, and the standard just gets better and better.

You can judge for yourself from the 27 images chosen, which are

available to view online at www.bluebellwalk.co.uk/photos

They will also be mounted outside the *Animal Barn*, when *Bates Green Garden* opens again on 26th February 2025.



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Please drop off your donations at our store in Maple Road or call 01323 403111 if you wish to donate furniture, white goods & electrical items.

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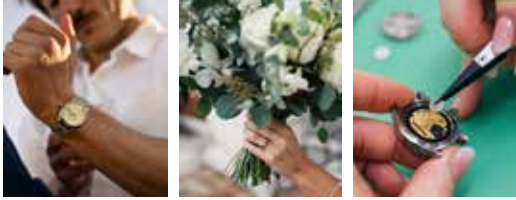
*Age UK East Sussex is a local charity and will use your donations to raise funds to support our work to end loneliness across East Sussex. To find out more visit www.ageukeastsussex.org.uk.

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All set for a busy 2025

EASTBOURNE Borough Council is starting 2025 with a big push for two of its major events this year.

By **Peter Lindsey**

First, and Airbourne, the annual four-day free show, is returning 14th–17th August. There had been some debate whether it would go ahead so this is great news.

Premium grandstand seating, promenade seats and two tiers of Bandstand seating are now available to book, providing fans with a seat to come and go from throughout the day

– all with sensational views of the flying displays and away from the crowds.

Those travelling by car can also save time, money and ease their arrival with express lane entry and a guaranteed spot, taking advantage of advance prices cheaper than those available on the day.

To book seating call **01323 410611** or visit the Seafront Office, or to donate, book seating or parking online visit:

www.EastbourneAirshow.com



Photo: Claire Hartley.

Second, *Beer & Cider by the Sea* will return in 2025, with advance tickets now on sale for the annual three-day music, food and drink festival.

Returning to the *Western Lawns* from Friday 16th–Sunday 18th May, the festival now in its 12th year, features more than 100 real ales, craft beers, cask ciders and perries, with the majority showcasing local Sussex producers.

Beer & Cider by the Sea has sessions from 5pm–10pm on Friday,



11am–4pm and 5pm–10pm on Saturday and 12pm–5pm on Sunday.

Children are welcome on Saturday and Sunday afternoons with free child tickets available for the final Sunday session.

To book call **01323 410611**, visit the Seafront Office or book online at www.EastbourneBeerFestival.com

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Nathan nominated

POLEGATE councillor nominated for prestigious award.

By **Peter Lindsey**

Polegate Town Council's Cllr Nathan Dunbar has been nominated as young councillor of the year for the NALC Star Council Awards 2024.

With a strong focus on improving local services and fostering community spirit, Nathan has led many initiatives.

These include new street litter bins, promotional materials for council-owned land, and plans for expanded sporting facilities, including a new tennis court at Brightling Road Leisure Ground.

The winner will be announced at a Parliamentary Reception hosted by

NALC's President, Baroness Ros Scott of Needham Market next month and as a Star Council finalist, Cllr Dunbar will be in attendance.

A spokesperson for NALC said "Cllr Nathan Dunbar of Polegate Town Council is a dynamic and engaged leader committed to enhancing local services and fostering community spirit.

His initiatives have already led to tangible improvements and his deep dedication to community well-being is further reflected in his extensive work with the Polegate Community Foundation, where he leads the "Keeping Polegate Clean" initiative, organising community litter-picking events and advocating for litter prevention."

LEAP Business Start-up Programme winners announced

An entrepreneurial duo who offer personalised gift boxes to suit all occasions have won this year's Eastbourne LEAP award, they receive a £2,500 investment for their new business start-up.

Lifelong friends Victoria Fuller and Kerry Fradelos started Send a Smile Gifting Ltd in early 2024. Send a Smile (send-a-smile.co.uk) enables people to order a wide array of gift boxes online to be sent directly to family, friends or colleagues to brighten their day.

A runner-up prize of £500 was awarded to Heather Godding, a trained celebrant, whose recently

launched her own business Ceremonies with Heather.

Supported by Eastbourne Borough Council and delivered by not-for-profit organisation Edeal, this is the second year the LEAP programme has run in the town and is fully funded by the UK Government via the UK Shared Prosperity Fund.

It is a free programme for budding entrepreneurs to help get their business ideas off the ground through workshops, one to one mentoring and support with creating business plans.

For business start-up advice and guidance visit www.edealgroup.org



Council Leader Stephen Holt with winners and finalists

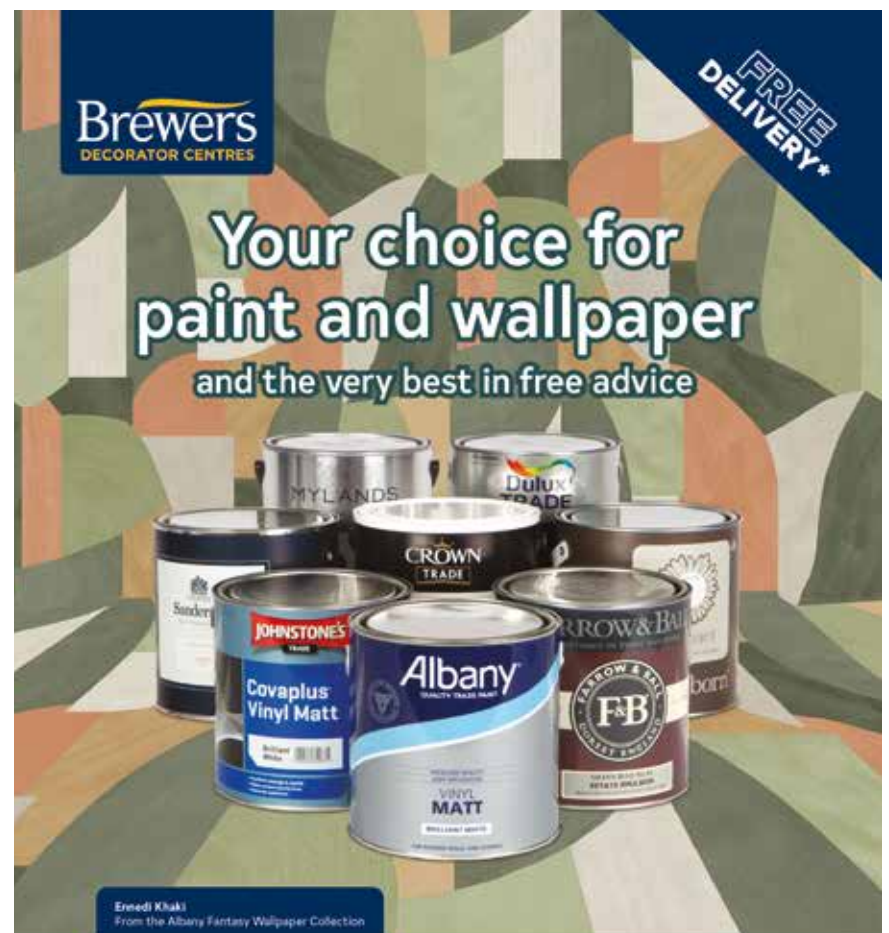


Council Leader Stephen Holt with the winners (above) and runner up (below)



New Members for January

JS Emergency Electricians Eastbourne • Pathfinders Youth • Giddins Decorating & Refurbishments • Box Sized Gifts • Wightman and Parrish • Atelier Ellis Architects • Generation Financial



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Eastbourne Business Awards 2024 WINNERS



Helen Lederer hosting
the Eastbourne Business Awards



Chamber President
Russell Colbran

OUTSTANDING NEW BUSINESS / START-UP AWARD

Sponsored by **FOUNDRY** Eastbourne

WINNER:

Ace Corporate Fitness

HIGHLY COMMENDED:

Latch On Breastfeeding Support

Mulberry And Cocoa

SMALL BUSINESS AWARD (1-9 EMPLOYEES)

Sponsored by **Brewers**

WINNER:

Design Lab

HIGHLY COMMENDED:

Fame Academy

Riggzy Complete Kitchen Solutions Ltd

SME BUSINESS AWARD (10-49 EMPLOYEES)

Sponsored by **Advanta**

WINNER:

Corin Dudley Electrical Services Ltd

HIGHLY COMMENDED:

Cadence

LARGE BUSINESS AWARD (50+ EMPLOYEES)

Sponsored By **Gardners Books**

WINNER:

Owen Contractors and Scaffolding

HIGHLY COMMENDED:

Hallmark Willingdon Park Manor Luxury Care Home

HEALTH AND WELLBEING AWARD

Sponsored by **First Choice Dental Clinic**

WINNER:

RMJ Wellbeing

OUTSTANDING SUSTAINABLE / GREEN BUSINESS AWARD

Sponsored by **Identity**

WINNER:

Cadence

HIGHLY COMMENDED:

Whiffaway Group

OUTSTANDING TOURISM / ACCOMMODATION AWARD

Sponsored by **Lightning Fibre**

WINNER:

Hydro Hotel

HIGHLY COMMENDED:

Saltmarsh Farmhouse

OUTSTANDING FOOD & DRINK AWARD

Sponsored by **Pomodorro E Mozzarella**

WINNER:

Journeys Wine Bar And Restaurant

HIGHLY COMMENDED:

Ancient Grains

CUSTOMER SERVICE EXCELLENCE AWARD

Sponsored by **Handelsbanken**

WINNER:

Prints Regent Limited

HIGHLY COMMENDED:

Driving Miss Daisy Eastbourne

OUTSTANDING FAMILY BUSINESS AWARD

Sponsored by **The Rainbow**

WINNER:

D B Domestics

HIGHLY COMMENDED:

Westways Vending Ltd

OUTSTANDING YOUNG ACHIEVER / APPRENTICE AWARD

Sponsored by **East Sussex College**

WINNER:

EllieMae Watson of Elite Muscle Welfare

HIGHLY COMMENDED:

Harry Roberts of Cramp & Mullaney Solicitors

OUTSTANDING PROFESSIONAL SERVICE AWARD

Sponsored by **H R Dept**

WINNER:

Bees Homes Property Limited

HIGHLY COMMENDED:

Cotential

COMMUNITY BUSINESS AWARD

Sponsored by **Barwells Solicitors**

WINNER:

Pathfinders Youth Ltd

HIGHLY COMMENDED:

Bodiblossom Ltd

Ditzy Media

CREATIVE EXCELLENCE AWARD

Sponsored by **PRG Marketing Communications**

WINNER:

Bodiblossom Ltd

HIGHLY COMMENDED:

Lighthouse Gallery

DIGITAL EXCELLENCE AWARD

Sponsored by **Southern IT**

WINNER:

Fountain Digital

HIGHLY COMMENDED:

Ditzy Media

EMPLOYER OF THE YEAR AWARD

Sponsored by **LWC**

WINNER:

The View Hotel

LIFETIME ACHIEVEMENT AWARD

Sponsored by **The Beacon Centre**

WINNER:

Jonathan Webley of The Grand Hotel

OVERALL BUSINESS OF THE YEAR 2024

Sponsored by **Brufords**

WINNER:

Corin Dudley Electrical Services Ltd





DB Domestic

Winner of Outstanding Family Business
– Eastbourne Business Awards 2024

WHERE service matters – That’s the family-owned *DB Domestic* on Seaside, specialising in kitchens and kitchen appliances.

By **Peter Lindsey**

In November, the team won the Outstanding Family Business Award at the Eastbourne Business Awards 2024.

Here’s why, according to Director Tom Baxter:

“We specialise in both new kitchens and also kitchen appliances. For new models, we offer bespoke kitchens of the highest quality.

Let us design your dream kitchen

“They are made to order and created locally. Customer service is our priority at all times, along with our expert knowledge, and on *Trustpilot* we are rated one of the highest in Sussex, which is very pleasing.

“We offer a full installation service as well. Customers can either pop in to our showrooms, where there is

free parking, or go online at www.dbdomestics.com.”

For appliances, *DB Domestic* offers free next day delivery, and is happy to match any price of rival companies on a like for like basis.

Tom said: “The strength with our appliances is the price, low-cost installation, the after care service that we provide, and the incredibly wide range of products.

“We offer the best value when it comes to appliances. “We also offer free recycling of the old appliance in most instances and free unpacking.”

DB Domestic has been run by the Baxter family for 40 years. Its priorities have never changed – designing the best kitchens, providing the best customer service, and selling the cheapest kitchen applications.

LARGE APPLIANCE SHOWROOM:

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sales@dbdomestics.com

Mon-Fri: 8:30 – 17:30
Sat: 8:30 – 17:00
Sun: 10:00 – 16:00

REPAIRS, SPARES & SMALL APPLIANCES:

423 Seaside, Eastbourne East Sussex BN22 7RT

01323 725586
repairs@dbdomestics.com

Mon-Sat: 8:30 – 17:00
Sun: Closed

www.dbdomestics.com



Printing's gold standard

WHEN it comes to customer service, *Prints Regent* go the extra 104 miles.

By Dale Gawn

At last November's Eastbourne Business Awards 2024, printing and copying centre *Prints Regent* won the Customer Service Excellence category.

The top four finalists (not all printers) were sent a mystery shopper to see if their customer service claims lived up to expectation. *Prints Regent* won the coveted prize. Credit went to patient driving service *Driving Miss Daisy*, who were Highly Commended runners-up.

Prints Regent have many glowing reviews on their website. Delighted clients comment on the great quality of their printing, speedy service, friendly and helpful manner.

In order to meet a recent deadline, owner Michael Hopkins drove the 104 miles one Sunday morning to deliver an order to Henley-on-Thames. I'm told there are also similar regular weekend trips to Kent and London.

Working late or delivering outside office hours, it seems nothing is too much trouble. Every job is equally welcome, regardless of size or print run. It's an unrivalled service you are unlikely to receive from an online printer, although ironically, that's how *Prints Regent* started out...

40 years' experience

Prints Regent is the second printing business from Michael, a former student at the *London College of Printing*. The first business, founded in 2003, was at the forefront of the digital printing revolution, and provided a trade service to other printing companies across the UK.

During this time, Michael was the only *Adobe Authorised Print Service Provider* in Kent. He designed the programmes for *Welling United FC* which went on to win *Programme Of The Year* from *The Football Association* due to some imaginative thinking.

At the time the business was sold to another printer, 90% of their clients were printers or design agencies. To satisfy the needs of such, quality and service were paramount.

Years later, *Prints Regent* was formed as a print management company near Dartford, buying and selling print on behalf of its clients. Through the previous business as a supplier, Michael had established a network of printers across the country who could now supply him. Sadly, the service provided in return was not as reliable.

Through necessity, *Prints Regent* began investing in its own equipment to ensure that deadlines and their exemplary standards were maintained.

Michael moved to Eastbourne in 2015 and the business followed in 2021, opposite ESK in Courtlands Road, where they have continued to expand their product range to include clothing, merchandise, websites, signage and display. A one-stop shop.

Express service

Their website contains only a sample of the work they can produce. If you can't see the item you need, just give them a call, or pay them a visit. No appointment is necessary and a warm welcome awaits.

They will recommend options and show you samples. Whatever your needs, they can most likely produce it – from business cards to exhibition stands, and everything in between.

Recently described by one client as *The Batcave*, *Prints Regent* has a variety of equipment on-site which allows them to produce many products in a short space of time, even a same-day service if required. You don't get that with VistaPrint!

Quality, value, and award-winning Customer Service.



Event host Helen Lederer along with Michael Hopkins and Olga Talbot of *Prints Regent*, receiving the award from Neil Hooper of *Handelsbanken*, the category sponsor.

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Why Journeys is a true award-winner

THE award-winning *Journeys* in Station Parade is the ideal venue for a lunch or night out.

By **Peter Lindsey**

It won the Outstanding Food & Drink Award at the Eastbourne Business Awards 2024.

And this is why:

It offers modern Europe fine dining.

It serves the very best food and drink.

Its menu is very special, in fact it's unique to Eastbourne, nowhere else in town can you find some of the amazing menu items.

Marina and Amy celebrated the second birthday of *Journeys* last month – and now they can't wait for 2025.

Something special

And Valentine's Day is just around the corner.

Marina said: "We want to express we have options for everyone – you may want à la carte, or you may want something less expensive as we cater for all budgets.



Marina and Amy also won Highly Commended last year.

"Our chef Amy really does produce something special with every dish. We source the very best fresh fish locally.

"We always look forward to welcome customers both midweek and at weekends.

"We are flexible here at *Journeys* – you can eat like a star or you can have a smaller dinner.

"We are so excited to be strong and still here in what is now our third year. It is a very special love story for us, we love and adore Eastbourne.

"We are proud of what we offer – the highest quality products around."

www.journeyswinebar.com
info@journeyswinebar.com
01323 430376



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Outstanding Hydro Hotel

HYDRO Hotel, Eastbourne was delighted to be winner of the *Outstanding Tourism/ Accommodation Award* at the *Eastbourne Business Awards*.

By **Stephen Callis**

The Hydro has been at the heart of the community since its opening in 1885. A focus in more recent times has been the quality of product and consistency of guest satisfaction. The property is consistently ranked on *Tripadvisor* within the top 3 hotels in the town and top 10 in East Sussex.

During the past year the *Hydro* has invested in several product enhancements, highlights which include:

- Installation of air conditioning in the Conservatory Restaurant to ensure climate control throughout the year.
- Refurbishment of the Crystal Restaurant.

- Swimming pool refurbishment including a depth change to a single level for increased safety.
- Continual bedroom enhancements with the refresh of Classic bedrooms and bathroom refinements.

General Manager, Jonathan Owen commented:

“To win this award is of testament to my team that all work tirelessly hard to ensure guest satisfaction, a quality product and a positive local reputation. Over the past year we have continued to invest in our product with the air conditioning and heating in our Conservatory Restaurant of particular note, enabling non-residents and overnight guests to enjoy dining and light bites with us, whatever the season.”



Hydro Hotel in 2025

A full calendar of events is planned throughout the year that includes afternoon tea at the movies, talks, musical luncheons, dinner dance and a *Fawlty Towers* dining experience to name a few.

The *Hydro* is open to non-residents for coffee or drinks, lunch, dinner or afternoon tea. We can also host private functions, dinners, birthday celebrations and weddings. Our Events team are available to help with all enquiries and conduct a private showround of the property.

**Hydro Hotel
Mount Road, Eastbourne
BN20 7HZ**

**www.hydrohotel.com
01323 720643
f @HydroHotel**



Hydro Hotel
EASTBOURNE

Jonathan Webley – 30 years of devotion

JONATHAN Webley won a *Lifetime Achievement Award* at the *Eastbourne Business Awards*. He was the General Manager at the five-star *Grand Hotel* for 30 years.

By **Peter Lindsey**

When Jonathan started his career as a trainee back in 1981, little did he think that he would serve 30 years as the General Manager.

Well, he did, hosting celebrities including Paul McCartney, George Michael and Freddie Mercury along the way – but now he’s retired after a five-star career.

A very proud moment

He said: “It was a lovely surprise to receive this accolade at the *Eastbourne Business Awards*. I had been invited but didn’t dream that I would be up on stage as a winner. It was a very proud moment indeed.”

The career, having started in 1981, saw Jonathan progress to Assistant Manager at the *Grand* in 1983, then a short spell as Deputy Manager at the *Cavendish Hotel*. At the time, both were owned by *De Vere Hotels*.

Back to the *Grand* as Assistant Manager and then Deputy Manager before an 18-month spell in 1993 working in Coventry.

With a young family, it was time to come back to Eastbourne as

General Manager of the *Grand* from 1994.

Fantastic time

Jonathan remembers: “Back in 1994, the *Grand Hotel* had become quite tired but it was bought by *Elite Hotels* in 1998, who carried out an ambitious plan which included a very sympathetic refurbishment.

“It was a fantastic time – I recall that we did not close during the refurb but in effect it was a new hotel, with its 152 rooms.

“From then on, it was a story of steady growth year on year. We saw a slight dip in conferences and then came the pandemic, which was pretty devastating.

“When everything reopened, our trade quickly returned – lobsters and steaks were flying out of kitchens as guests spoiled themselves after having been cooped up.

Building a successful team

“For me, the highlight was building a successful team from within – 85 percent of our senior staff were homegrown, and with that came the culture and loyalty.



Jonathan (Bottom right), Front of House Manager in 1988.

“We also maintained our five-star rating, which is never easy.”

Jonathan remembers the *Grand Hotel* fire in 1995 which affected 60 rooms – 10 were gutted.

He also said events such as the Tennis and *Airbourne* were – and still are – vital for the local economy.

And for the future?

“We love Eastbourne, and we be staying in Eastbourne,” he said.

“

It was a lovely surprise to receive this accolade at the *Eastbourne Business Awards*.

Sustainable success for Cadence

CADENCE opened their first Clubhouse in Litlington on Boxing Day 2020 with a simple concept: to encourage people to enjoy the countryside in a sustainable way.



By **Harry Farmer**

An idea that's won recognition with the Outstanding Sustainable/Green Business Award and Highly Commended SME Business.

Now, with Clubhouses connecting the *South Downs Way* from Eastbourne to Winchester, they have

become the first and only business to network a *UK National Trail*. Next month marks their seventh opening in *Newhaven Fort* which has just undergone a £7.5m restoration.

Operating responsibly

According to *Cadence Ops* Manager, Antonia Foster, "We're so proud of the way the business has grown. It shows that you can operate responsibly with respect for your local and wider environment.

"We buy locally and support ethical supply chains. Our seasonal blend coffee can be traced back to the growers, for example. Compostable cups and plates are encouraged into recycling tubes on the side of each Clubhouse, and we reduce, reuse, recycle, and repeat. Plus, Clubhouses, such as the timber-clad container at Beachy Head, are designed to have the lightest footprint." Adrienne, who manages the Clubhouse commented, "I feel

so proud to be a part of *Cadence*, they're the best management team I've worked with."

Cadence are open every day in:
**The Helen Garden | Beachy Head
 Litlington | Newhaven Fort
 Upwaltham | Cocking Hill
 & Winchester**

Visit: cadencecycle.club
 Join the community:
[@cadencecycleclub](https://twitter.com/cadencecycleclub)



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New Year, New You: Discover Wellness at Little Chelsea Health Store

KICKSTART your path to good health and wellbeing with us this January.

By **Melanie Beard**

As the new year dawns, many seize the opportunity to revitalise their health and wellbeing. At the heart of this rejuvenation is Little Chelsea Health Store in South Street, your local haven for all things organic, sustainable, and health focused. Nestled in the vibrant community of Little Chelsea, our independent health and wellness hub is ready to support your health resolutions with a diverse range of offerings.

Embrace a healthier diet

This January, make a conscious choice to fuel your body with organic and locally sourced nutrition. Consuming organic food is crucial as it reduces exposure to synthetic pesticides and fertilisers, supports biodiversity, and generally provides higher levels of nutrients and antioxidants. Our organic fresh fruit and vegetables are sourced locally whenever possible, ensuring that you're getting the freshest organic produce available.

We also offer local organic eggs and honey, a testament to our commitment to supporting nearby farmers and providing you with natural, wholesome options. For those with

dietary restrictions, our twice-weekly delivery of organic, locally made (by *Becky Bakes* of Eastbourne) gluten-free, organic, sourdough bread caters to your dietary needs without compromising on taste or quality.

Take advantage of our dispensers filled with loose foods, including grains, fruits, nuts, and seeds, which allow you to purchase exactly what you need, reducing waste. In addition, our selection of herbs, spices, and loose teas offer a variety of ways to enrich your meals and enhance your culinary experiences naturally. Moreover, we stock a vast range of foods to cater to every dietary preference and requirement. Whether you're looking for wholefoods, gluten-free, keto, or vegan options, we have something for everyone, making healthy eating accessible and exciting for all.

Natural remedies for holistic health

Supplements, herbs, and homeopathic remedies are an integral part of any health and wellness journey. At *Little Chelsea Health Store*, we pride ourselves on offering high-quality supplements sourced from reputable UK companies. Our range is carefully selected to ensure maximum efficacy, bio availability and purity, providing you with top-tier wellness solutions. Alongside these, we are always on hand to provide



expert guidance, helping you make informed choices that suit your individual health needs and goals. Our team is committed to supporting your journey towards a healthier lifestyle, leveraging nature's bounty for improved health outcomes.

Eco-Friendly living and personal care

For those aiming to lead a lifestyle free from chemicals and rich in organic living (and help save the planet at the same time!), we provide a great selection of natural, organic and chemical-free household products and toiletries. Our eco-friendly products come with the added benefit of refills (available in store), reducing waste and making sustainable living seamless and practical. From bamboo toothbrushes to fluoride-free toothpaste, our range upholds the promise of environmentally conscious living.

Exciting new developments in store in 2025 to support your health journey

We will be hosting a series of in-store events and talks throughout January and beyond. These gatherings are designed to equip you with the knowledge and tools required for you to begin a successful health journey in the New Year. Engage with experts, gain insights, and become part of a community that treasures wellness as much as you do.

Opening of our newly refurbished therapy room

This January, we're delighted to welcome Carla Carrington as our principal practitioner in our newly opened and refurbished therapy room. Carla is a highly skilled Kinesiologist with over 20 years' experience as a qualified

Kinesiologist and Reiki practitioner who will be moving her practice, Kinesiology Works, to our premises in early January.

Kinesiology is a complementary therapy that combines muscle testing with gentle techniques to enhance healing, reduce stress, and identify imbalances in the body. Through this practice, Carla can identify nutritional needs, structural issues, and emotional blocks, providing a holistic approach to health and wellbeing. Experience first-hand how kinesiology helps promote balance and harmony within the body.

For more details or to book a free 15-minute consultation or discuss how Kinesiology could help you, please visit her website at:

www.kinesiologyworks.co.uk

We will also be welcoming other practitioners and therapists over the coming months and will keep you posted.

Get in touch or come and visit us

To keep up to date with all the latest information, please subscribe to join our email database on our website, or follow us on social media:

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01323 653657**





Reboot your digestive health

AS Hippocrates stated more than 2000 years ago: 'All disease begins in the gut.'

By **Mark Killick**

Jump forward to today and modern medicine is increasingly proving that there is a connection between the gut and overall health. Thus, rebooting the digestive system can form the foundation for a healthier you.

Root cause

If you walk into your local GP with frequency belching, nausea or reflux symptoms, its likely you'll walk out with a PPI prescription, such as Omeprazole or Lansoprazole. For many people, this is the start of long-term dependence, leading to increased doses of these drugs. While these medications are designed to target the symptoms, do they address the root cause of your issues? And can they cause more harm than benefits?

Acid reflux is a symptom that is being caused by something occurring in the body. It is typically not an over production of stomach acid, but acid escaping into the oesophagus.

Holistic approach

As a practitioner specialising in functional nutrition, I work with individuals suffering from acid reflux to address their symptoms holistically. My approach begins with understanding each client's unique triggers, dietary habits, and lifestyle factors contributing to their discomfort. By tailoring nutrition that emphasises gut healing foods, I help alleviate symptoms while supporting the body's natural healing processes. Together, we explore the root causes of their reflux, such as food sensitivities, stress or digestive imbalances and implement strategies to restore long term health. For those relying on medication I guide them through a gradual process of reducing dependency, ensuring sustainable relief and overall wellbeing.

I am a registered functional nutritionist specialising in gastrointestinal and metabolic health. I can be contacted by emailing mark@mknutrition.co.uk or by calling **07768 261989** to help with acid reflux problems or a whole host of other health issues.

www.mknutrition.co.uk



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↪ eastbourne@sussexaudiologycentre.co.uk

↪ www.sussexaudiologycentre.co.uk

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Hove Clinic

17-19 Montefiore Rd,
Hove, BN3 1RD
Tel: **01273 778 977**

Ferring Clinic

32 Ferring St,
Ferring, Worthing, BN12 5HJ
Tel: **01903 500 636**

Lewes Clinic

Unit 1, Artisan House,
Brooks Rd, Lewes, BN7 2YJ
Tel: **01273 752 979**

Eastbourne Clinic

3b Meads St,
Eastbourne, BN20 7QT
Tel: **01323 387 098**

Goring Clinic

313 Goring Rd, Goring-By-
Sea, Worthing, BN12 4NX
Tel: **01903 243 300**

Sussex Footcare continues to grow

SINCE expanding and moving premises six months ago, we have seen a huge rise in patients. Our new clinic is modern with brand new equipment, as well as having two treatment rooms.

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

2024 has seen us grow as a business. We now have four Podiatrists, one Foot Health Practitioner and two admin staff.

Our latest Podiatrist Joyce Marshall has been a great addition to the team. Joyce graduated from the *University of Brighton* with a Bachelor of science Podiatry degree in 2024. Prior to studying, she worked in nursing and dementia care homes as an HCA and activities co-ordinator.

Joyce is particularly interested in new patient assessments. She carries out an in-depth vascular & neurological assesment. In her spare time Joyce enjoys spending time and creating memories with her two children.

2025 will see us investing in new technology offering our current and new patients more treatment options.

Our new innovative treatments will be:

- **Gait and Motion Footscan.**
- **Phits 3D-printed orthotics.**
- **Swift microwave embliation verrucae treatment.**
- **Shockwave therapy.**

Whilst still providing our amazing regular appointments for our patients, we recognise the need to progress as a clinic.

We are proud to provide nail surgery for ingrowing toenails under local anaesthetic and carry these out regularly in clinic for all age groups. We have other Podiatrists and foot health practitioners referring direct to us this as well as GPs and other health care professionals.

Gait and motion footscan

This is the industry's leading pressure measurement technology for clinical gait and movement analysis, with the integration of Phits 3D printed Orthotics. It is the cutting edge of biomechanics solution and has expert users worldwide such as the *FA, Nike* and Erling Haaland from *Manchester City*.

There are currently 500+ private Health care clinics in the UK using this system and we are proud to be one of them and the only one locally.

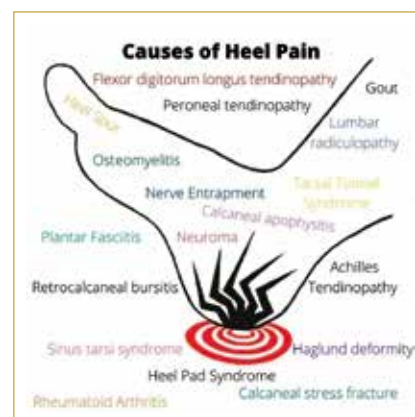
Phits is the worlds first data-driven 3D-printed orthotics, specifically design based on your dynamic gait analysis using Footscan technology. Optimal efficiency, superior stability and extreme durability.

Swift microwave embliation

is a product we have just invested in this week. We have been following the research for a while and feel now is the right time to offer this cutting-edge treatment.

If you have any longstanding Verruca's or warts then this is the revolutionary treatment for you. Swift devices use microwave energy to rapidly elevate tissue temperature and create a precise and localised cell response. It is a targeted and non-invasive treatment which prioritises safety and effectiveness.

Clinic owner Andrews says: "I have previously used this treatment when working in a private clinic in London. I have seen the results first hand, and I am so pleased we



can now offer this treatment at our clinic based in Eastbourne. It has impressive independent clinical research with amazing results.

If you have a verrucae or wart then get in touch, we can help!"

Shockwave therapy

Finally, we have a trial coming up with shockwave therapy. This will; begin at the end of January 2025, and we want any patients with longstanding plantar fasciopathy, Achilles tendinopathy and Posterior tibial tendon dysfunction to be treated. The idea of shockwave therapy is to turn a chronic condition back to an acute injury and then for us to implement a stretch and strengthening exercise regime to help reduce pain symptoms.

Our investment into the latest technology means we are at the

forefront of the cutting edge in the podiatry world, and we look forward to sharing this with you in 2025.

Treatments on offer include:

- **Routine nail care.**
- **Nail surgery (Ingrown nails).**
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Seasonal offers now in store

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.

“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 service and repair mobility aids and offer free collection and delivery. We sell insurance and can deal with any claims on your behalf.

“Come and pay us a visit.”

01323 301101
www.activedaysmobility.co.uk



Small steps for big gains

SOMETIMES the key to achieving meaningful, lasting improvements in health and wellbeing lies in making small, manageable changes. So rather than trying to transform your routine overnight, incorporate minor adjustments for positive results.

By **Gail McKay**

Diet

Firstly, instead of focusing on what to cut out, think about what you can add. Introducing more fruit and vegetables into your meals is a slight change that can make a significant difference.

Complementing your morning smoothie with spinach or an extra vegetable portion at dinner will help increase your intake of vitamins and minerals.

Exercise

Getting fit doesn't require hours at the gym. Even a 10-minute walk during your lunch break, or a quick set of bodyweight exercises in the morning, can improve cardiovascular health, boost your mood and increase energy levels.

Mental health

Daily journaling can have a profound impact. Taking just five

minutes at the end of the day to jot down your thoughts, list things you're grateful for, or set intentions for tomorrow, can reduce stress and improve mindfulness.

Sleep

Improving your sleep quality doesn't require drastic changes. Try going to bed just 15 minutes earlier than usual to help regulate your pattern over time, allowing you to feel more rested and refreshed in the morning.

Hydration

Finally, instead of aiming for drastic increases in water intake, start by drinking a glass of water first thing in the morning which can aid digestion, improve concentration and boost mood.

Over time, you'll likely find yourself drinking more throughout the day, reaping the benefits of proper hydration without forcing it.





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**Bowes House care home,
Hailsham**

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Young Panto Engineers help Snow White

TEN teams from Eastbourne primary schools took part in the 17th annual *Pantomime Technology Challenge*.

By **Tim Sorensen**

It was kindly supported by Eastbourne Theatres. Organised by Eastbourne Education Business Partnership Ltd, the challenge is part of its Engineering Club programme.

Sharon Thompson from Eastbourne Theatres gave a short synopsis of the story of Snow White and the Seven Dwarfs.

The teams were then told that Snow White needed an all singing all dancing machine to clean the dwarf's grubby cottage and the dwarfs wanted a super all-terrain vehicle to get them to and from the mine with added magical powers to ward off the wicked Queen (boo!).

The challenge presented the pupils with two opportunities to let their



imaginations run wild, but they needed to work to time as a team and create a solution using K'Nex construction components that was 'fit for purpose'. And, they had just over an hour to do it!

Working in pairs, the teams work enthusiastically, as always, to provide the judges with ten very creative solutions.

The winning team from Stone Cross received family panto tickets kindly provided by *Eastbourne Theatres* plus K'Nex construction kits.

The runners up from *Shinewater* received book tokens provided by *Edwards Vacuum* who also presented festive treats to everyone plus a special certificate in 'recognition of achievement'.

Sussex Art Shuttle continues into 2025

THE Sussex Art Shuttle service has been extended to run until Spring 2025.

By **Peter Lindsey**

This is an opportunity to fill your weekend with culture and experience some of the best cultural venues and beauty spots in the South.

The service joins up *Towner Eastbourne*, *Charleston* in Firle, *Charleston* in Lewes and *Seven Sisters Country Park*.

A day ticket costs £3.50 and follows a spectacular route that takes in the

iconic Seven Sisters cliffs, Cuckmere Valley and the picturesque villages of Alfriston and Litlington.

It launched in September 2023 and is operated by *Cuckmere Buses*.

Fantastic opportunity

Joe Hill, Director and CEO, *Towner Eastbourne*, said "It's a fantastic opportunity to explore the wider region and see some of the best culture Sussex has to offer."

Trevor Beattie, Chief Executive of the *National Park Authority*, said: "A day-out in the countryside by bus can be a real family adventure, helping the environment and removing the stress of trying to find a parking space.

"This bus service is a great way to explore the National Park and discover its incredible landscape, natural beauty, wildlife and cultural heritage."

Read more about the *Sussex Art Shuttle* at: www.sussexmodern.org.uk/artshuttle



SERVICE 39: SUSSEX ART SHUTTLE		
CHARLESTON - SEVEN SISTERS - TOWNER		
*FRIDAYS, SATURDAYS, SUNDAYS AND BANK HOLIDAY MONDAYS		
TOWNER Eastbourne	10:00	10:00 14:00 16:00
EAST DEAN Bus Shelter	10:05	10:05 14:05 16:05
SEVEN SISTERS Visitor Centre (stop)	10:10	10:10 14:10 16:10
LITLINGTON Plough & Harrow	10:15	10:15 14:15 16:15
ALFRISTON Coach Park	10:20	10:20 14:20 16:20
CHARLESTON in Firs	10:25	10:25 14:25 16:25
CHARLESTON in Lewes, Southern Place	10:30	10:30 14:30 16:30
CHARLESTON in Lewes, Southern Place	11:00	11:00 15:00 17:00
CHARLESTON in Firs	11:05	11:05 15:05 17:05
ALFRISTON Coach Park	11:10	11:10 15:10 17:10
LITLINGTON Plough & Harrow (stop)	11:15	11:15 15:15 17:15
SEVEN SISTERS Visitor Centre	11:20	11:20 15:20 17:20
EAST DEAN Bus Shelter	11:25	11:25 15:25 17:25
TOWNER Eastbourne	11:30	11:30 15:30 17:30



Join the Rhapsody Artist Development family!

RHAPSODY Artist Development (RAD) is opening its doors for the first time in Eastbourne on Wednesday, January 8th.

By **Peter Lindsey**

After a successful year and a half in Seaford, the new school is ready to welcome budding performers from all backgrounds and experience levels.

Since launching the first school in July 2023, classes are bustling with talent across three age groups:

**Juniors (ages 5 to 8),
Inters (ages 9 to 12),
and Seniors (ages 13 to 18).**

Remarkable opportunities

Seaford students have enjoyed remarkable opportunities, performing at prestigious venues such as the *Hilton Metropole*, *Brighton i360*, *Elderflowerfields Festival*, *Chiddfest*, *Arundel Festival*, and many more.

Here is Kevin Thomsett, from RAD: "At RAD, our core ethos revolves around opportunity, encouragement, and friendship."

"We foster a supportive environment that nurtures creativity and builds confidence in all walks of life."

"Our team of trained and qualified coaches and choreographers is dedicated to helping each young artist shine. We focus on vocal technique and stage presence, ensuring your child develops the skills necessary to captivate any audience."

Growth and confidence

"By keeping classes small, we can give personalised attention to each student, fostering their growth and confidence."

"As a newly registered charity, we are passionate about providing our members with opportunities to step onto the stage, showcasing their hard work at festivals and our own showcases."



"If your child has a love for the performing arts or simply wants to gain confidence and new skills, RAD is the perfect place for them."

rhapsodyartistdevelopment.co.uk
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Farley Arts Trust Awards 2024

WINNERS in the *10th Farley Arts Trust Awards* have recently received their certificates and prizes at an exhibition in the *Farley Arts Gallery, Chiddingly*.

By **Gail McKay**

All of the art works were entered by secondary school pupils in East Sussex.

This year the Awards were presented by Joe Hill, Director of the *Towner Eastbourne*.

Joe Hill says, 'It was an honour to be invited to present the prizes. Projects like this are incredibly important, offering young people the opportunity to share their creativity with the public and gain encouragement from those working in the arts. From personal



experience I know how transformative this kind of recognition can be, fostering confidence and inspiring the next generation of artists. I was also so impressed by the quality of the work on show, which truly demonstrates the strength of creativity in the young people of East Sussex.

Griselda Bear, Chair of *Farley Arts Trust*, says that the next stage in this

project is to invite all the young artists exhibiting in the exhibition to apply for a bursary which they will spend on something to further advance their artistic interests. Ten bursaries will be awarded to mark this *10th Farley Arts Trust Awards*.

Pictured is Joe Hill, Director, *Towner Eastbourne* presenting Award to an A level student at the *Farley Arts Gallery*.

More than 100 concerts at Eastbourne Bandstand

POP fans are in for a treat in 2025 as top tributes return to Eastbourne Bandstand's iconic stage, ranging from Oasis, Bruno Mars and Coldplay to Taylor Swift, Adele and a new tribute to Kylie.

By **Peter Lindsey**

With more than 100 concerts set to light up the busiest bandstand in the country, tickets are now on sale.

A jam-packed programme of tribute shows, weekly *1812 Firework Nights*, *Kids Disco Party Nights* and traditional concert bands will entertain residents and visitors, with up to eight concerts a week planned in the summer.

The season kicks off early on Easter Saturday with the *Ultimate 90's Tribute Show* along with Easter Sunday concerts from *Eastbourne Silver Band* and Elton John tribute – *Rocket Max*.

With tributes continuing every weekend through to the Autumn, a debut from *The Kylie Experience* is just one of the highlights, featuring a range of the legendary pop star's classic costumes, dance moves and immense back catalogue of hits.

After the sell-out success of this year's Taylor Swift tribute, 'Swifties' can enjoy a debut from another performer on two nights next season with leading UK tribute act – *Taylor Swift*.

Oasis Maybe return with two shows, after a sell-out performance at the venue last summer, along with many

other favourites including Queen, ABBA, Fleetwood Mac, George Michael, U2, The Beatles, Elvis, ELO, Spice Girls, Motown and many more.

1812 Firework Nights will light up the sky to the sounds of silver and brass concert bands from June, and the *Kids Disco Party Nights* will bring summer holiday fun every Tuesday night, after selling out of all dates this year. Kids will be able to enjoy a new date in May half term, with two Halloween parties at the end of October, prior to a Halloween Party with live band season finale for all ages on 31st October.

Weekly concert dates include: Tribute shows 19th April to 4th October every Friday, Saturday and Sunday



(except 17th August), plus Thursdays from 31st July to 28th August.

1812 Firework Nights every Wednesday from 11th June to 3rd September (except 18th June). *Kids Disco Party Nights* every Tuesday from 22nd July to 2nd September, plus 27th May and a Halloween Disco from 28th to 29th October.

Traditional Afternoon concerts on selected Sundays from 20th April to 7th September.

Book early!

Tickets can be booked at the Seafront Office – open Monday to Friday 9am to 5pm, by phone **01323 410611** or online at: **EastbourneBandstand.co.uk**



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Green and pleasant

AS we start the new year, January is often regarded as the coldest month and it might be the middle of winter, but the days will start to lengthen and your garden will start to grow. Why not take time to plan for the coming gardening year ahead, maybe order seeds and new plants. There's bound to be some dry sunny days to enjoy the fresh air too. Remember to check your winter protection, ensure stakes, ties and supports are still working after any severe weather.

By **Geoff Stonebanks**

Maybe put out food for the birds and perhaps leave some garden areas uncut for a little longer, to provide shelter for wildlife in your garden. January is a time for fresh starts, renewed energy, and grand plans for the twelve months ahead. That said, it can be really difficult out there, due to the cold and the ground being so hard.

New Year's resolutions

Have you made any resolutions for the coming year? A fun idea for your garden might be to take a photograph from the same point, on the same date in each of the 12 months of the year! Maybe using several points of interest. This is

something I've done over the years and it is quite surprising to look back at the collection and actually see the changes, across both the months and the seasons of the year!

Another idea might be to create a different look in your garden this season. Perhaps try moving containerised shrubs around to different locations. You will be quite surprised how easy it can be to make your plot look a little different each year! If you have pieces of sculpture in the garden these can be relocated too.

Why not decide to list all the plants you buy so that you don't forget what you've got! If, like me, you open your

garden, it is inevitable that visitors ask what certain plants are and it can be embarrassing if you don't know. In recent years, I have logged them all down so that I can recall their names if asked. It's a good idea, even if you don't open your plot as friends and family may ask! If you rely on plant labels, they can fade or go missing, so why not get yourself a notebook that you can record your purchases throughout the year! It might be an idea to leave a bit of space under each entry so you can write details about the plant as the year goes on. Make sure you record where it is planted too and you'll be surprised how much of a valuable resource this can become over time!

Driftwood By Sea plans

This season is likely to be a bit hit and miss for me! I am scheduled to open the garden again, by arrangement only, between 1st June and 3rd August. Last month it was confirmed that I need a new left knee and am currently on the *NHS* waiting list. I'm told it's likely to be next autumn but if, in the unlikely event, I'm offered an earlier date I will have to accept and this may impact on my openings. We'll have to wait and see.

National Garden Scheme

The scheme's web site for this year's garden openings is now up and running. The first 2025 *National Garden Scheme* gardens begin to open next month for the revered annual snowdrop events. It really is amazing how many visitors brave the weather each year to go and see them. However, there is one plot, 5 Whitemans Close, that will open its garden gate later this month in Cuckfield! This garden shows that winter need not be dull as there is

much to see and enjoy in the depths of winter. The owner has collected many single and double snowdrops, hellebores, bulbs and other winter treasures, some not widely known. See the enormous *Daphne bholua* that scents the garden for weeks on end at this time of year. The garden postcode is RH17 5DE and it opens on Saturday 25th, Monday 27th, Wednesday 29th and Friday 31st of January from 11am to 3:30pm by arrangement only, so please phone **01444 473520** or email **shirley.carmanmartin@ngs.org.uk** for information & booking. Homemade teas are included in the entrance price of £8.50. Full details can be found at **www.ngs.org.uk** along with its February days too.

Garden tidy up

January is a good month, on dry crisp days, to clear away soggy, collapsed stems of perennials and compost/discard them. I've got some wonderful hellebores in the beach garden, which you can see in the header. I have just removed foliage marked with black blotches, to limit the spread of leaf spot disease and show off the stunning flower heads.

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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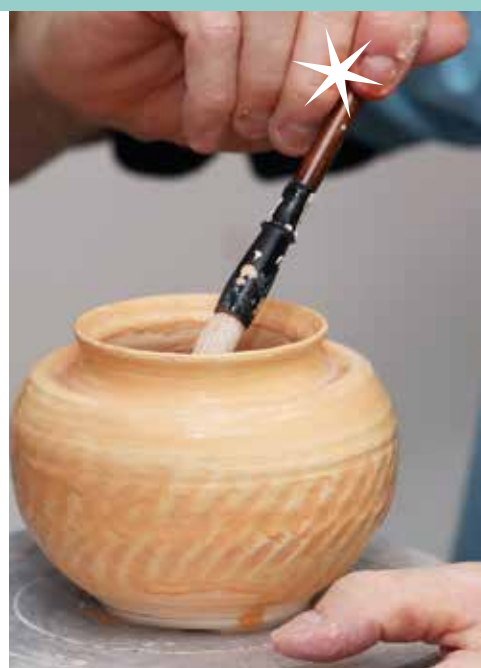
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BOOST YOUR DRIVE IN '25!

We have a wide-range of new adult courses starting from this month, turn to the back pages for the full course list online and at all of our campuses in **Eastbourne, Hastings & Lewes!**



We are delighted to launch a range of new adult courses starting in the new year, ready for you to **Boost your Drive in '25!**

East Sussex College is a place where you will learn life changing skills, meet new friends and be part of our fantastic learning community. We offer a wide range of opportunities to boost your wellbeing and find new creative outlets. Whether your ambition is to retrain, upskill, go to university, or start an apprenticeship - East Sussex College is where you can do all that, and much more!

We are constantly evolving and improving our dynamic range of courses to provide you with exciting new experiences, the opportunity to develop new skills, and gain valuable qualifications.

Our brilliant team at East Sussex College looks forward to welcoming you soon!
Rebecca Conroy, CEO & Principal.



A CREATIVE JOURNEY ON THE DESIGNER MAKER COURSE.

Emma-Jayne Sargent, a Designer Maker student, started her journey at ESC and went from nervous beginner to confident artist, showcasing the transformative power of creativity and determination.

"By the end of the first year, I could already see a huge difference in myself. The things I'd learned and the skills I'd picked up were amazing. By the time I finished the third year, I couldn't believe how much I'd grown, both as a person and as an artist."

Looking ahead, Emma-Jayne has big plans. *"I'm going to apply for an artist residency at the College. It would give*

me access to all the facilities, workshops, and kilns for free, which would be amazing for improving my skills. I've already made connections in the industry, like with the pewter guild and the Vienna Museum, and I want to keep building on that."

As for what's next, Emma-Jayne is keeping her options open. *"I'm deciding whether to set up my own studio practice or do a master's degree in the next year. I'm excited to see where it all takes me."*



Scan the QR code to read more.

IT'S NEVER TOO LATE: A JOURNEY INTO PERSON-CENTRED COUNSELLING.

Peter Studley, a 61-year-old mature student, is defying stereotypes and embracing a journey of self-discovery studying Person-Centred Counselling. Peter's journey at East Sussex College is a testament to the transformative power of education, for all ages. His journey into counselling began post-pandemic, where he enrolled on evening courses at the College's Eastbourne campus, earning his Level 1 and 2 qualifications in Interpersonal and Counselling skills. Peter skipped Level 3 and seamlessly transitioned into the two-year full-time Foundation degree programme at Level 4.

Following completion of his Level 5 course, Peter is aiming to begin practising as a paid counsellor, *"Overall, it will have taken me just over three years to complete my qualification and retrain in my new profession. Going back to college felt terrifying - it had been nearly 40 years since I last sat in a classroom. What were these 'assignments' the tutor was talking about? The tutors and IT department were amazingly patient and supportive. Don't let fear of studying or computing be a barrier to enrolling on the course, it's all doable. The support is there for you."*



Scan the QR code to read more.

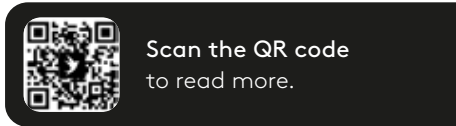




RAIL ENGINEERING STUDENTS BENEFIT FROM DEDICATED TRAINING TRACK.

Students on the NVQ Level 2 Track Engineering pre-employment course are now benefiting from the College's recently established, dedicated rail track. This addition marks a significant step forward in enhancing vocational training and aligning with the needs of the rail engineering industry. William Chitty, a rail student, shared his thoughts on the track's advantages, highlighting the valuable, hands-on learning experience that prepares students for the industry's demands. The track plays a key role in the College's commitment to providing industry-relevant training.

William Chitty, Level 2 Track Engineering student, said, *"I decided to study this course because I wanted a career change and to learn something new. I'm really impressed with the new track equipment, it's really good. Something that's been built personally for us to learn the track and the railway system. I'm loving the course! It's something I never thought I'd enjoy, but now I've got into it, it's something I want to carry on doing for the rest of my life."*



Scan the QR code to read more.

FROM STUDENT TO COMPETITOR: STUDENT SHORTLISTED FOR PHOTOGRAPHY AWARD.

Jakub Kurek, a talented student from the Digital SLR Photography course, was shortlisted in the Amateur Photographer of the Year in the Animal Kingdom category. Jakub's success highlights the inspiring learning environment and dedicated support provided throughout the course, helping students refine their skills and gain confidence in their work. Reflecting on his experience, Jakub shared how the course encouraged him to pursue competitions and showcase his photography.

Jakub Kurek, a Digital SLR Photography student, said, *"Since completing the course, I've been shortlisted for a photography award. I highly recommend this course to anyone starting their journey in photography. The tutor's feedback motivated me to share my work and enter competitions. The entire course was delivered in a fantastic atmosphere."*



Jakub's Amateur Photographer of the year awards entry.



Five reasons

TO STUDY AT EAST SUSSEX COLLEGE & ENHANCE YOUR SKILLS!

If you're looking to upskill, retrain, or continue your studies, East Sussex College is the place to unlock your future. The College continually enhances its courses, offering exciting experiences, the chance to develop new skills, and earn valuable qualifications. Learning knows no age limits, so it's never too late to try something new.

1

Improve Your Wellbeing

Knowledge can enhance your mental health and overall wellbeing. The College offers a variety of courses designed to stimulate your mind, from painting to language learning and counselling training.

2

Expand Your CV

Many adult courses provide qualifications that can boost your CV. The College's Access to Higher Education courses offer a Level 3 diploma, equipping you for university.

3

Develop Your Skills

Courses in beauty treatments, online management, and more can help you stand out. This is a perfect chance to develop your knowledge and skills.

4

Grow Your Confidence

Engage in activities that enhance your wellbeing, connect with like-minded individuals, and boost your confidence.

5

Pursue a New career or Business Venture

Transform your hobby into a career or enhance your business credentials with a degree in Business or an AAT qualification at East Sussex College.

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Beginners Machine Sewing	61191-02	10 Weeks	£105
Ceramics Personal Development	60235-01/02	5 Weeks	£125.00
Digital SLR Photography for Beginners	60241-03/04	8-10 Weeks	£80-£100
Digital SLR Photography for Beginners Club	61021-01/02	10 Weeks	£110
Improvers Machine Sewing	61192-01	10 Weeks	£105
Intermediate Pottery	61203-03/04	5 Weeks	£58
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Learn How to Crochet	60269-01	5 Weeks	£45
Make a Mosaic	60270-01	8 Weeks	£86
Patchwork & Quilting Short Course	60273-01	8 Weeks	£85
Plaster Mould Making	60274-02	5 Weeks	£69
Pottery for Absolute Beginners	60222-03/04	5 Weeks	£58
Sewing for All	60243-02	10 Weeks	£105
Silver Jewellery Making	60224-02/03	10 Weeks	£125
Upholstery Workshop for Beginners	60223-02/03	10 Weeks	£100
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French Regional Cooking	60249-02	5 Weeks	£75
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Pan Asian Cooking	60272-01	5 Weeks	£75
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Reiki 2	61208-01	5 Weeks	£50
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Zumba, Dance Yourself Fit!	61314-01/02	5-6 Weeks	£45-£55

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Black & White Film Photography for Beginners	61442-02/03	1 Day	£50
Beginner's Hand Stitched Leather Crafting	61519-01	7 Weeks	£180
Black & White Film Photography Club	61444-02/03	10 Weeks	£100
Black & White Film Photography for Beginners - Processing & Printing	61443-02	1 Day	£50
Ceramics & Sculpture	50003-02/03	10 Weeks	£160
Cyanotype	50054-02/03/05	1 Day	£30
Drawing & Painting	13057-02/03	10 Weeks	£130
Enamelling Taster	20610-02	1 Day	£40
Etching	13090-02/04	10 Weeks	£130
Exploring Abstraction in Drawing & Painting	61371-01	6 Weeks	£100
Exploring Watercolour & Inks	61215-02/03	10 Weeks	£145
Fused Glass	13078-02/03	10 Weeks	£200
Introduction to Drawing	18032-02/03	10 Weeks	£130
Introduction to Tapestry Weaving	61130-02/03	8 Weeks	£120
Jesmonite Workshop - Part One	61433-02/03	1 Day	£50
Jesmonite Workshop - Part Two	61434-02	1 Day	£50
Jesmonite Open Workshop	13076-01/02/04/05	10 Weeks	£165
Life Drawing & Painting	13054-02/03	10 Weeks	£130
Model Making - 3D House Portrait	61435-02/03	10 Weeks	£145
Modern Macramé	50056-02	1 Day	£50
Natural Dye Workshop	61063-02/03	1 Day	£30
Pattern Cutting & Dressmaking	13040-02/03	10 Weeks	£145
Political Prints	50058-02/03	10 Weeks	£130
Pottery Afternoon	13069-05/08	10 Weeks	£200
Pottery Evening	113069-06/09	10 Weeks	£200
Pottery Morning	13069-04/07	10 Weeks	£200
Pottery Workshops	20609-02/50137-02	6-8 Weeks	£160
Printmaking	13051-02/03	10 Weeks	£260
Sew Sewcial	50104-02/03	10 Weeks	£145
Sewing for Beginners	18137-02/03	10 Weeks	£145
Silver Stacking Rings	61065-02	2 Weeks	£90
Silversmithing, The Basics	60884-02/03	8 Weeks	£200
Stained Glass Workshop	18038-02/03/05/06	10 Weeks	£180
Wood Engraving	19299-02/03	10 Weeks	£130

HASTINGS CAMPUS CONTINUED

	COURSE NO.	DURATION	PRICE
BUSINESS, MANAGEMENT AND LAW			
AAT Level 1 Award in Bookkeeping	60507-02/03	12 Weeks	£225
SAGE Accounting Course	61067-01	10 Weeks	£109
CATERING & HOSPITALITY			
A Taste of Italy	20642-01	2 Weeks	£96
Bread Basket	20644-02	1 Day	£96
British Fayre	61492-01	2 Weeks	£96
Simon the Pie Man	50142-01/02	1 Day	£72
CONSTRUCTION & THE BUILT ENVIRONMENT			
Brickwork for Beginners	18188-02/03	11 Weeks	£150
Introduction to Carpentry	18912-02/03	11 Weeks	£150
Introduction to DIY / Household Repair & Maintenance	16880-02/03	11 Weeks	£150
Introduction to Plumbing	16879-03	11 Weeks	£150
The Incredible Router	20668-01	4 Days	£225
ENGINEERING & MOTOR VEHICLE			
Level 2 Award in Safe Maintenance of Electric & Hybrid Vehicles	60539-01	3 Days	£450
Level 3 Award in Diagnosis, Repair and Recalibration of Advanced Driver Assist Systems	61339-01	4 Weeks	£300
ENGLISH & MODERN FOREIGN LANGUAGES			
French for Beginners	60624-02/03	10 Weeks	£100
Spanish for Beginners	60623-02	10 Weeks	£100
HAIR, BEAUTY & COMPLEMENTARY THERAPIES			
Eyelash Extensions	18516-01	See Website	£145
Face Painting	61496-01	1 Day	£72
Gel Polish	61500-01	1 Day	£100
Hair Extensions - Micro Weft	61494-01	1 Day	£150
Hot Stone Massage	18522-01	See Website	£130
Keratin Blowdry	61493-01	1 Day	£100
Make up	61495-01	1 Day	£72
VTCT Level 4 Certificate in Micropigmentation	11471-02	15 Weeks	£3626
MEDIA & FILM			
Moving Image - The Art of Short Film Making	50138-02/03	10 Weeks	£145
SPORT & FITNESS			
Level 3 First Aid at Work	50159-01	1 Day	£21

LEWES CAMPUS

	COURSE NO.	DURATION	PRICE
ARTS, CRAFTS, DESIGN & PHOTOGRAPHY			
Beginners & Improvers Machine Sewing	60390-02	10 Weeks	£109
Creative Printmaking Workshop	60187-02/03	10 Weeks	£100
Digital SLR Photography for Beginners	60241-07	10 Weeks	£100
Drawing & Painting Beginners	60184-02	10 Weeks	£100
Drawing & Painting: Beginners & Improvers	61032-02	5 Weeks	£62
Improvers Patchwork And Quilting	60273-03	10 Weeks	£109
Introduction To Patchwork & Quilting	60962-03	10 Weeks	£109
Making A Piece Of Marquetry Wood Artwork	61232-01	6 Weeks	£76
One Day Pottery	61185-02	1 Day	£42
Pottery For All	60186-02/03	10 Weeks	£155
Upholstery Workshop	61183-02/03	10 Weeks	£105
Watercolours - Beginners & Improvers	60976-01/03	5-10 Weeks	£63-125
COUNSELLING & PERSONAL DEVELOPMENT			
Counselling Skills Certificate Level 2	60212-02	20 Weeks	£435
Interpersonal Skills Award Level 1	60211-02/03	10 Weeks	£180
TEACHING, TRAINING & DEVELOPMENT			
Education & Training	61365-02	14 Weeks	£411

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 - Driftwood Decorations
 - Shoreline Mobiles and Decorations
- Creative Crafts for Wellbeing
 - Drawing
 - Eco Crafts
 - Hand Quilting
 - Knit to Unwind
 - Origami
 - Papier Mache Modelling
 - Printing
 - Upcycled Sewing
 - Watercolours
 - Weaving
 - Wood Whittling
 - Punch Needle Embroidery
 - Seasonal Sketchbook
 - Developing Drawing Practice
- Do You Know Who You Are?
- Exploring Mindfulness & Creativity
- Healthy One-Pots
- Introduction to Interpersonal Skills
- Introduction To Mindfulness
- Level 1 Award in Creative Craft
- Level 1 Award In Nutrition & Health
- Made by Meditation
- Managing Stress & Anxiety
- Meditation & Mindfulness
- Meditation & Wellness
- Meditation & Wellness Tips & Tricks
- Mindful Movement & Meditation
- Mood-Boosting Meals
- Music for Wellbeing
- NCFE Level 2 Award in Creative Craft
- Nutrition & Wellbeing
- Nutrition Through The Menopause
- Performing Arts: Boost Your Confidence
- Singing For Wellbeing
- Slow Down with Stitch Meditations
- Slow Stitch a Meditation Roll
- Slow Stitching for Beginners
- The Future is Yours
- The Power of Songs for Wellbeing
- Visible Mending with Slow Stitching
- Wellbeing & Creativity Journal
- What's in Your Stress Container?

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