

FREE

03/25

Issue 057  
March 2025

SEE INSIDE  
FOR OUR  
HAILSHAM EYE  
PULL OUT.

Pages 33-40



# Bournefree

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Eastbourne charities  
working together See page 3

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 The Arts: Enterprise Centre

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

**custard**  
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 PR & Engagement

# Why we have increased our number of printed copies

**AS ever, it has been an interesting month out and about locally, meeting new people and welcoming new and existing businesses to *Bournefree*.**

By **Peter Lindsey**

**First, Michael Shephard from Brewers who is now a Trustee of Eastbourne Pride, working alongside Mandy and Betty.**

The date for this year's event is Saturday July 19th – and tickets are now on sale. Michael and co are keen to stress two main areas:

The event is self-financing and there is no funding from *Eastbourne Borough Council*.

*Eastbourne Pride* is fully inclusive and welcomes families and children.

Next, Shaun Crowhurst from *Radio DGH*, the hospital radio station broadcasting to the patients, staff and visitors to the *District General Hospital* plus those who listen online

24 hours a day, 7 days week. There is a great team of volunteers doing some amazing work, and they fully deserve our support.

### More Bournefree

Here at *Bournefree*, we have increased our print run from 10,000 to 12,000. Why? Because the copies go so fast around Eastbourne, Polegate, Hailsham and surrounding villages.

We have taken the decision to include eight pages each month devoted to Hailsham and nearby villages, and for this month the main spotlight is on the *Hellingly Community Hub*. I was privileged to meet the team and see what a great community asset it is. Full of very positive and engaging people keen to welcome new customers.

Of course, there is a cost to printing more copies, and we are confident

the extra copies will be well worth the investment.

We would like to print even more – who knows, that's one for future months.

Our website and social media continue to reach more and more people. In the latest 28-day period, our *Facebook* page alone reached more than 2.6 million people.

I often get asked what are the most popular stories online? Recently, it's been new shop openings in town – including *Cedarz* and *The Dice Box*, both in Grove Road, and also the row about whether the former *Esperance Hospital* would be converted into an asylum centre.

We are also starting to focus more on our Video offering. This provides a great opportunity for both businesses and community groups. A short video online is an effective way of reaching more people with key messages.

Have a great March – and please take time to engage with the *Bournefree* team.

## Bournefree

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

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



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 01323 430303



[harry@bournefreemag.co.uk](mailto:harry@bournefreemag.co.uk)  
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Information provided by businesses and community organisations are provided directly by their own representatives. Please direct any queries or comments regarding content directly to the organisation.

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# JPK Project and SASBAH – working together to help others

**TWO popular Eastbourne charities have worked together to provide a wonderful new service for the local community.**

By **Peter Lindsey**

**The JPK Project – run by the amazing Jill Parker – has its base at 39-41 Church Street, Old Town. It is dedicated to helping people with learning disabilities and their families.**

The JPK Project continues to provide supported living for adults with learning disabilities in Gow Lodge.

Jill and the Trustees have now let the former Old Town Café building to SASBAH – The Sussex Association for Spina Bifida and Hydrocephalus.



SASBAH was based at Gun Hill, Chiddingfold, but it is delighted to have now moved into The JPK Project building.

It has more than 60 years experience supporting and developing the health, wellbeing and life opportunities of people with physical and learning disabilities.

It provides a range of fun and exciting activities in local communities across Sussex and also runs an invaluable advice and advocacy service.

Saspire is also owned by SASBAH and now operates from the Church Street premises. This provides work-related



opportunities for SASBAH members, and its biggest contract is with *Brewers*, also based in Eastbourne.

Chief Executive Officer Rom Sanglaji said: "SASBAH is very proud to be celebrating its 60th anniversary in 2025, and what a wonderful way to start the year.

"It has been an absolute pleasure to come together with Jill Parker, so well known locally for her devotion to The JPK Project. We look forward to announcing new and exciting partnership projects in the future.

"We are greatly indebted to Jill for this opportunity and it's a wonderful present for our 60th birthday. It is a

fully-equipped large premises and we count ourselves very lucky to be now operating from here."

Jill Parker said: "The aim of *The JPK Project* was to always support people with learning disabilities and I feel we have so much common with the aims and ethos of Rom and his team.

"We are delighted to have welcomed them to Church Street."

**If you are interested in hiring the premises for a private event, email [rom@sasbah.org.uk](mailto:rom@sasbah.org.uk)**

**If you want to know more about Saspire, use the same email.**

**Rom is keen to hear from businesses who may wish to work with the charity and provide work opportunities for Saspire.**

Also operating from the premises is *Jenny Wrens Daisy Chain Gift Shop* – everyone is welcome



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# The BIG Futures Show 2025

**THE BIG Futures Show returns to Eastbourne Sports Park on Tuesday 29th April 2025 from 9:30am – 3:00pm.**

East, will be promoting current job and training opportunities for those seeking a more immediate opportunity. Keep an eye out on our social media for associated job vacancies in the lead up to the show.

The Show is organised by *Eastbourne Education Business Partnership* in association with *Eastbourne Borough Council* to help support local community and economic development agendas and brings a wide range of expert advice and guidance all under one roof.

Entry on the day (individual or family) is £3 cash or free for job-seekers inclusive of show guide.

Exhibitor stand spaces are still available to book.

80+ organisations will be providing interactive exhibits and guidance aimed at inspiring tomorrow's workforce. Employers will be looking for new talent and explaining what qualifications they require and what training and apprenticeships they offer in the work place.

Included in the organisations booked to attend this year are; *PRG Marketing & Communications, The*

*People Matter Trust, University of Sussex, Nat West, Wave Active, The View Hotel Eastbourne, East Sussex Healthcare NHS Trust, Southern Water, Dominic Hill Chartered Accountants and HMD Sealless Pumps.* The full list of exhibitors and floorplan will be included in the April edition of *Bournefree*.

A dedicated job-seekers area, sponsored by *Recruitment South*

By **Tim Sorensen**

**The show is the largest employability, skills and job-seekers event in the area and is aimed at students (aged 14+) from across East Sussex as well as parents, carers and anyone looking for work or training.**

[www.bigfuturesshow.org.uk](http://www.bigfuturesshow.org.uk) | [hello@bigfuturesshow.org.uk](mailto:hello@bigfuturesshow.org.uk) | 07890 388624 | [f BigFuturesShow](https://www.facebook.com/BigFuturesShow) | [x @BIGFuturesShow](https://twitter.com/BIGFuturesShow) | [#BIGFUTURESSHOW](https://www.instagram.com/BIGFUTURESSHOW)

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

# Lightning Fibre's Eastbourne Carnival Creative Workshops

A PROGRAMME of FREE workshops to be held in different venues across Eastbourne has been organised to help *Eastbourne Carnival* entrants with costumes and performance.

By **Harry Farmer**

## All you need to be is a registered entrant for this year's Carnival!

NB: Event timings may change so please stay up to date via our Facebook Page or Website or email relevant course organiser before to check availability and booking.

More events covering costume and prop making will be arranged.

**Outreach is available for all workshops on enquiry to [info@eastbourncarnival.com](mailto:info@eastbourncarnival.com)**

Rob Reaks, Chief Commercial Officer at *Lightning Fibre*, commented, "Lightning Fibre have supported the *Eastbourne Carnival* for four years, and this year we're delighted to sponsor the *Carnival Creative Workshops*, which are free for carnival entrants. *Eastbourne Carnival* is an amazing event for our community and is enjoyed by thousands of people; it's arguably one of the best Carnivals in the UK, and we're extremely pleased to continue our support."

Mina O'Brien, Chair of *Eastbourne Carnival* said "We are delighted to receive support from *Lightning Fibre* and from *Arts Council England*, which has enabled us to grow our

FREE workshops for the community from 7 to 18 and also be able to offer 6 outreach to the community.

From Carnival masterclasses to prop making, to costume and sewing, and dance and performance – we want to give *Eastbourne Carnival* Entrants everything they need to put on a great display for the main parade on Saturday 24th May."

Below is a list of all of the workshops that can be booked on to for FREE.

### Prop Making Workshops with DC Learn

Venue – *DC Learn*, Seaside, Eastbourne BN22 7NA

Dates: Part 1 8th March 12pm – 5pm, Part 2 10th May 10am – 4pm  
Enquiries and to book: [gina@devonshirecollective.co.uk](mailto:gina@devonshirecollective.co.uk)

### Sewing Workshops at 186 Seaside

Venue – 186 Seaside, Eastbourne BN22 7QR

Dates: 15th March 12pm – 5pm  
Costume Bases, 29th March 12pm – 5pm  
Wings & Things  
Enquiries and to book: [admin@sewsussex.co.uk](mailto:admin@sewsussex.co.uk)



### DROP IN Costume Workshops with Cotton Candy

Venue – *Gather in The Beacon*, Terminus Road, Eastbourne BN21 3NW

Dates: 22nd & 23rd March 10am – 4pm, 3rd & 4th May 10am – 4pm  
Enquiries: [cottoncandy.hub@hotmail.com](mailto:cottoncandy.hub@hotmail.com)

### Carnival Masterclasses with Ray Mahabir (Sunshine International Arts)

Venue – *Towner Art Gallery*

Dates: 25th March and 8th April  
Times: 12pm – 1:15pm, 1:30pm – 2:45pm, 3pm – 4:15pm  
Enquiries and to book: <https://townereastbourne.org.uk/whats-on/carnival-masterclass-with-ray-mahabir>

### Dance & Performance with Cherry Dance

Venue – *Cherry Dance Studio* 3, Cornfield Lane, Eastbourne BN21 4NE

Dates: 29th March 10am – 10:45am, 11am – 11:45am, 12pm – 12:45pm  
Enquiries and to book: [cherrydance@hotmail.co.uk](mailto:cherrydance@hotmail.co.uk)

### Dance & Performance with Emma M

Venue – *Eastbourne Blind Society*, Longstone Road, Eastbourne BN22 8DA

Dates: 26th April 10am – 10:45am, 11am – 11:45am, 12pm – 12:45pm  
Enquiries and to book: [dancewithemmaebn@gmail.com](mailto:dancewithemmaebn@gmail.com)



**Get involved in this year's carnival – enter, volunteer or sponsor – please visit:**

[www.eastbourncarnival.com](http://www.eastbourncarnival.com)  
[info@eastbourncarnival.com](mailto:info@eastbourncarnival.com)

[f eastbourncarnival](https://www.facebook.com/eastbourncarnival)

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# Lightning Fibre supports St Wilfrid's



Dave Longman receiving cheque from Rob Reaks.

**THE Eastbourne-based full fibre broadband provider has continued its tradition of "paying for a day of nursing care" at St Wilfrid's Hospice with a cheque for £400.**

By **Peter Lindsey**

**The company also provides free broadband to the hospice's local charity shops.**

Rob Reaks presented the cheque to Dave Longman and said: "We are

proud to support *St Wilfrid's Hospice*, who do great work for our community."

The company has also announced sponsorship of *Eastbourne Carnival*. Rob said: "Supporting our local

community is very important to us. This is our fourth consecutive year of Carnival sponsorship. This financial contribution to the 'Lightning Fibre' Creative Carnival Workshops is a great opportunity for us to add value this year, and it's exciting that there are so many workshops planned."

Lightning Fibre is also the Headline Sponsorship of the *Eastbourne Business Show 2025*. Rob said: "These events are well produced and attended in other towns and cities, and we're delighted to support the

inaugural *Eastbourne Business Show* as Headline Sponsor. If you're a local business, big or small, this is the place to be. See you there!"

Lightning Fibre can deliver up to 10,000Mbps (10Gbps) symmetric business broadband across East Sussex and Kent on its own independent full fibre network, with unrivalled reliability and same day SLA.

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**[www.lightningfibre.co.uk](http://www.lightningfibre.co.uk)**



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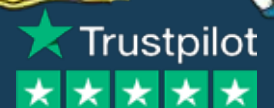
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per month for the first  
3 payments\*



**01323 380260**

**[www.LightningFibre.co.uk](http://www.LightningFibre.co.uk)**



Your Eastbourne Business Improvement District:

# Support Victoria Place

This year, the town centre will be transformed with a new pedestrianised space in Victoria Place (the seafront end of Terminus Road).

The much awaited multi-million pound investment is a result of the UK Government Levelling Up Fund and will create a new public space for our town.

*Victoria Place businesses remain open throughout the building works – and we are asking you to show your love for the area by supporting these brilliant restaurants and retailers!*

Whether you are planning a dinner out, buying some sweet treats or just fancy some brilliant locally sourced produce, why not start at Victoria Place!

Traders have also worked alongside Visit Eastbourne to provide special offers. Visit [viteastbourne.com/Victoria-Place](http://viteastbourne.com/Victoria-Place) to find out more, or scan our QR code.



## Loving Local: Business Highlights

### Spring Fest

The Belgian Café and Beer Me Brewery in Eastbourne is a vibrant destination that offers a slice of Belgian charm right by the coast. With its cosy atmosphere, impressive range of Belgian style craft beers, and traditional mussel dishes, it has become a beloved spot for both locals and tourists.

Their next big event: **"Spring Fest" on 20th March**, will be a lively event to welcome the season and showcase local musicians. **The festivities kick off at 7pm**, promising an evening filled with great music and delicious craft beers. It's a perfect opportunity for the community to come together, enjoy the spring vibes, and support local talent. Don't miss out on this exciting celebration!



## Loving Local: Business Highlights

### Savour Greece in the Heart of Eastbourne

**Step into gr/eat greek cuisine and experience the warmth of Greek hospitality. Our menu is a love letter to Greece, featuring slow-cooked lamb shank, grilled souvlaki, and fresh meze—crafted with passion and tradition.**

**A Feast for the Senses.** Indulge in our weekday meze lunch (£14 per person), a perfect selection of small plates bursting with authentic flavours, or enjoy our two-course set dinner (£22.95) from Tuesday to Thursday—ideal for a relaxed evening of Greek comfort food. Whether you're grabbing a quick bite or savouring a leisurely meal, our dishes bring a true taste of the Aegean.

**Authentic Flavours, Every Day.** Our menu is designed for those who appreciate quality ingredients and traditional recipes with a modern touch. Join us for a delightful dining experience that captures the heart of Greek cuisine.

**Find us at:** Victoria Place  
**Stay connected:** @greatgreekcuisine  
**Book now:** 01323 734877

## Loving Local: Business Highlights

### Incredible Cakes

If you're looking for a cake that's as special as your celebration, The Incredible Cake Company has you covered. We create stunning, hand-made cakes for any occasion: birthdays, weddings, anniversaries, or just because! Every cake is completely bespoke, designed to match your style, theme and taste. Whether you want classic elegance or fun and quirky, we bring your ideas to life with incredible detail and creativity.

But we're not just about big celebrations; we also serve delicious cakes by the slice, alongside award winning coffee, in our welcoming shop. Whether you're catching up with friends or just fancy a sweet treat, our cosy spot is the perfect place to relax and indulge.

Whatever you're celebrating, The Incredible Cake Company makes it extra special. Pop in for a coffee, grab a slice, or let us create the perfect cake for your big day. Because every occasion deserves something incredible!

The Incredible Cake Company  
 24 South Street, 01323 723407,  
[theincrediblecakecompany.co.uk](http://theincrediblecakecompany.co.uk)



## What is a Business Improvement District?

Your Eastbourne BID is independently funded by town centre businesses to support and promote our area. We've organised events like the Little Chelsea Festive Fun and Fireworks, funded Christmas lights, and installed CCTV and planters. Decisions are made by a voluntary team of Directors who represent local businesses, dedicated to creating a thriving, vibrant town centre for everyone to enjoy.

Don't forget, the BID has launched a monthly newsletter that promises exclusive updates, hidden gems and early access to special offers. It's an exciting way for residents and visitors alike to stay connected to everything happening in town, so please do sign up by scanning the QR code.



# You Raise Me Up



IT'S been a quiet start to the year but we have been updating our website and are delighted to announce that it is now finished.

By **Simon Cosham**

**So please do visit [www.youraisemeup.co.uk](http://www.youraisemeup.co.uk) where you can find out how to contact us and our support hub with lots of useful information.**

Last month *The British Queen*, *Crown & Anchor* and *Alexandra Arms* all did quiz nights in aid of *You Raise Me Up* and collectively raised nearly £1,000 so a big thank you to all of them! We also have two more quizzes taking place in March with the first one being at *The Lamb Inn* on Thursday 20th March and then at

*The Dolphin* on Tuesday 25th March. Please contact the pubs directly for more information.

If you can't make these events, you can still help our wonderful charity buy contributing a raffle prize. Please contact me at

[Simon@youraisemeup.co.uk](mailto:Simon@youraisemeup.co.uk)

Or the *Bournefree* team at [gail@bournefreemag.co.uk](mailto:gail@bournefreemag.co.uk)

To book *The Lamb Inn* quiz, call **01323 720545**

Arrive early for a Quiz menu. Tickets £5  
36 High Street, Eastbourne BN21 1HH  
Thursday 20th March.

To book *The Dolphin* quiz, call **01323 364371**

Arrive early for an 8pm start. Tickets £3  
14 South Street, Eastbourne BN21 4XF  
Tuesday 25th March.

## Annual Golf Day

We are working on events for the year and will update you once we have completed our events calendar. We do have our *Annual Golf Day* coming up on August 29th at *The Royal Eastbourne Golf Course* in Paradise Drive – more details and how to book are on our website.

The '*You Raise Me Up Charity*' was founded by the late Jane Brooks and

her husband Fraser in June 2011. The charity's sole purpose is to raise funds to support families that have suffered the loss of a young person aged 16–25 years. We are based in East Sussex and support families from East & West Sussex and Kent.



## Shop to help animals in need!

Raystede's new shop in Langney Shopping Centre, Eastbourne is now open!

We stock pre-loved:

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Where to find us in  
Langney Shopping Centre

[www.raystede.org/shop](http://www.raystede.org/shop)

Registered charity no 237696



Are you a super salesperson  
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Why not volunteer at  
our new shop – visit  
[www.raystede.org/volunteer](http://www.raystede.org/volunteer)





# Home from home at Tweed

**ARE you looking for a home from home for a loved one or yourself?**

By **Harry Farmer**

**The decision to move into a residential care home for a short-term stay or longer isn't always easy and may be prompted for a variety of reasons.**

When the time comes to make that transition, it's important to find the right care home environment. More than a checklist of facilities,

it is a very personal experience that directly impacts quality of life, wellbeing and overall happiness.

The *Emilie Galloway Home of Rest*, known as 'Tweed', is a long-established, affordable care home that is operated on a not-for-profit basis. Situated in Silverdale Road, near the *Grand Hotel*, it occupies a beautiful, well-maintained Edwardian property with spacious rooms, and provides a comfortable and friendly setting.



Tweed is managed by a Registered Manager with over 30 years' experience and a dedicated care team along with housekeepers, chef, maintenance and administrative team. A Board of Trustees oversees the running of the charitable trust.

Elisabeth Broome, Trustee, commented: "We take special care to ensure our residents' individual needs are met and that their preferences and personalities are considered and catered for so that they truly feel at home here.

"For anyone currently seeking a care home, we welcome visits by appointment so that we can provide time to show them around and answer all their questions."

For more information, visit: [tweedcarehome.co.uk](http://tweedcarehome.co.uk)

**Tweed Care Home**  
**8-10 Silverdale Road**  
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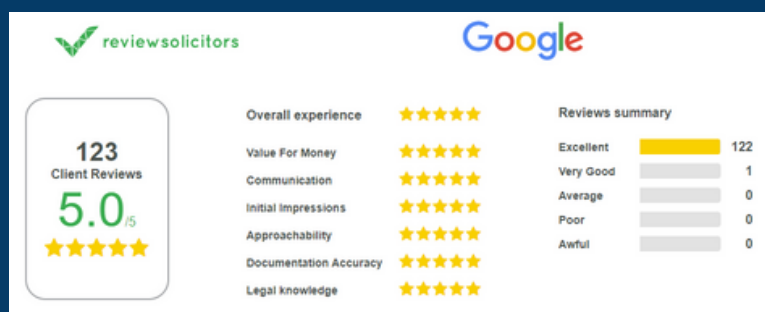
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# The Works

## Eastbourne's hub of style & productivity

**I'VE always been drawn to the unique building on Station Street, now known as 'The Works.'** Its sleek jet-black façade and well-placed brass lanterns cast a warm, inviting glow onto the street.

By **Julian G**

**Stepping inside, you can't help but smile at the sense of space and the stylish, underground feel of the café and bar.**

The interior blends rustic, natural materials—exposed brick, industrial

staircases, and wooden floors—yet maintains warmth and character, complete with all the modern amenities you'd expect. The café is a brilliant concept, serving as a hub for tenants, meetings, and events, offering delicious food, exceptional drinks, and a relaxed atmosphere.

The same thoughtful design continues in the office spaces. Rustic, bespoke

furniture pairs with artistic touches—regal red leather sofas, a cello, and eclectic wall art. The attention to detail is evident, creating a workspace that is both functional and inspiring. Natural light is maximised, highlighting the high ceilings and original features of this New York-style building. Office suites cater to different needs, whether you prefer an open setting or a tucked-away corner, with flexible options tailored by the manager, Emma.

The co-working areas are thoughtfully positioned, offering ample natural light. Facilities include a soundproofed meeting room, a fully equipped kitchen, dining space, and generous storage.

If this wasn't enough, I then learnt that *The Works* provides a full suite of services, including virtual offices, mail scanning, telephone answering, and business support—all at highly competitive rates. Most importantly, the team is a pleasure to deal with—friendly, efficient, and always going the extra mile to make clients feel valued.



Give *The Works* a try, it may well be the best move for your business.

To contact *The Works* simply scan the WhatsApp QR code below or Email [emma@theworks-group.com](mailto:emma@theworks-group.com)



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# Visit Knights Farm Shop, Café and Butchers

**KNIGHTS Farm Shop at Sayerland Lane, Polegate, is the ideal place to visit this Spring.**

By **Peter Lindsey**



**It is a well known family-run business and the team has more than eight years experience building a strong connection with the local community.**

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And the café, which serves top quality food and drinks, including coffee and hot chocolate.

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so it's an ideal pit stop for families and cyclists.

*Knights* is **open six days a week** from Tuesday through to Sunday.

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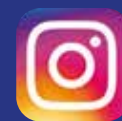


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# Join the discussion



**HOW will climate change impact water in East Sussex?**  
Join the discussion at *Towner Eastbourne*.

By **Sarah O'Flaherty**

**On Wednesday, 19th March, a special event at Towner Eastbourne will explore how climate change is affecting water in East Sussex, both in our environment and in our homes. From flooding and drought to coastal change and water shortages, the discussion will focus on what we're experiencing now and what the next 100 years could bring.**

Hosted by Blue Heart, this thought-provoking panel will bring together experts in meteorology, flood resilience, and climate science.

Among the confirmed panellists are:  
**Anna Hastings** – Blue Heart Project Manager, leading innovative local flood resilience initiatives.

**John Griffiths** – Meteorologist and Head of UK Business Development at Kisters, specialising in climate and water data.

Chair: **Ritula Shah** – Acclaimed BBC broadcaster, guiding the discussion.

The conversation will explore scientific evidence linking climate change to extreme weather and flooding, as well as what is being done locally to mitigate the impact of rising sea

levels and inland flooding. Importantly, the event will also highlight positive action, from scientific innovation to community-led solutions.

A unique feature of this event is the discussion on how artists collaborate with scientists to communicate climate issues. Art has the power to inspire action, helping communities better understand and prepare for a changing climate.

How can we, as individuals, businesses, and neighbourhoods, adapt? What steps can be taken now to protect homes and communities?

**Wednesday, 19th March**  
**Towner Eastbourne, 82 College Road, Eastbourne BN21 4JJ**  
**6PM**

Tickets: £5.00 (Advance booking required).

For more information and to book your place, visit our website [www.blueheart.org.uk](http://www.blueheart.org.uk) or book directly via the QR code below.



# All aboard for a 2025 adventure

**EMSR Adventure Park is getting ready to open on Saturday 29th March for it's 34th season!**

By **Cheryl Murphy**


**Visitors can experience the fun and nostalgia of the miniature trains, the famous 1/8th scale locomotives will take you on a journey around the beautiful country park.**

Then why not try your putting skills on the 9 hole crazy golf, all railway themed of course! Take a


stroll around the nature walk, visit 'Grandma's Garden', then get lost in the willow maze. The children's imagination will run wild in the adventure playground.

Head over to [www.emsr.co.uk](http://www.emsr.co.uk) to book tickets for a day out or to become a member. We can't wait to welcome you soon!





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# Join the Friends volunteer team

**SPRING starts on March 20th and Easter Sunday falls on April 20th.**

By **Peter Lindsey**

**Now is the time of year when the invite goes out to people interested in joining *The Friends of Eastbourne Seafront Welcome Team.***

The Team works tirelessly to boost our seaside resort, and this is a great opportunity to meet new friends and be a part of the growing seafront community?

Gaynor Sedgwick is one of the founders of *The Friends*.

She said: “We are now recruiting for our 2025 team. Do you have two hours a week to spare, are you friendly, enjoy being on the seafront and speaking to visitors?”

“We operate between Easter and October, one two-hour shift a week



working in pairs around the Pier and Bandstand.

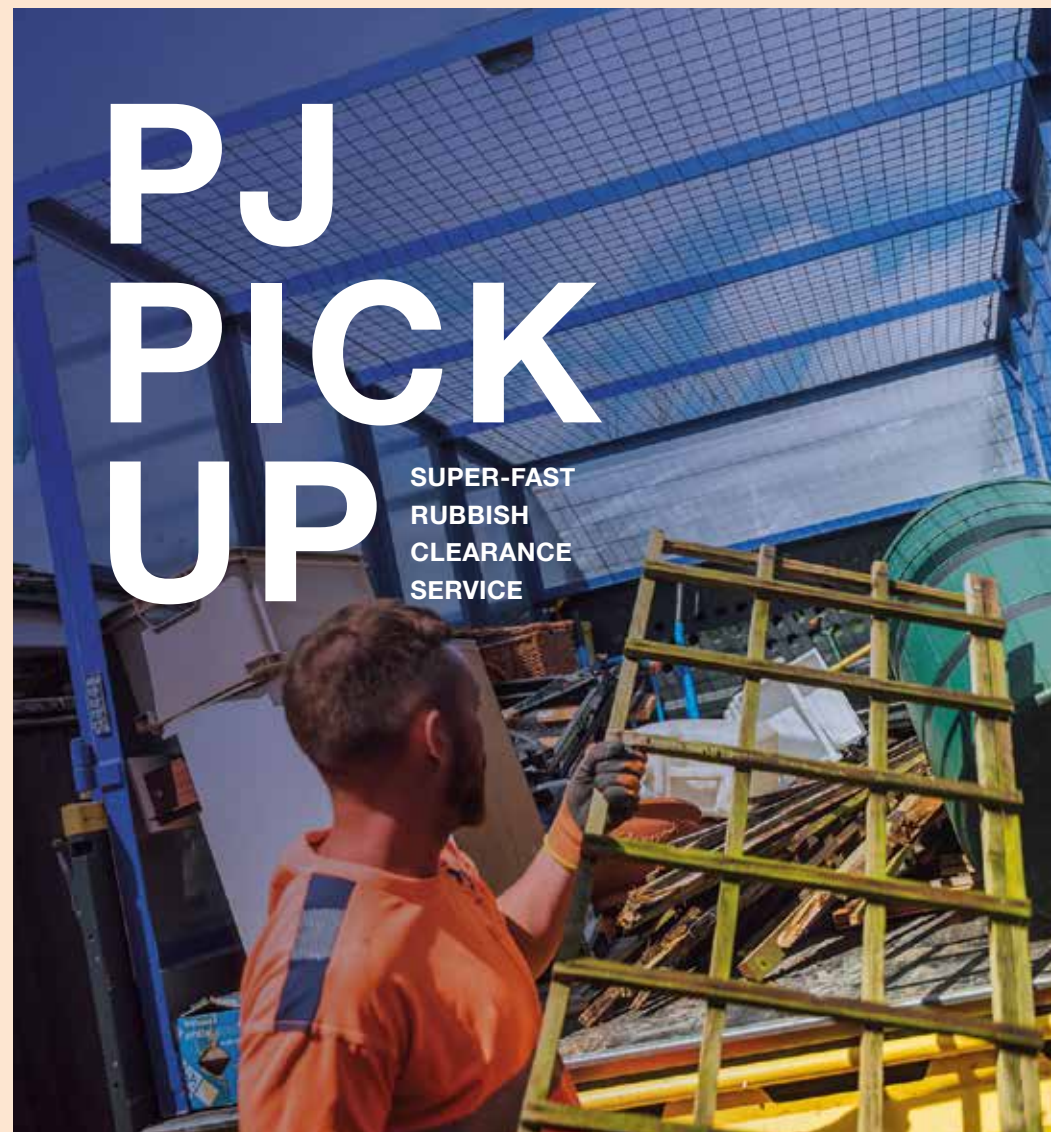
“We offer a uniform, training, and support. This is a great volunteer opportunity, and you can reach me by emailing [Gaynor@friendsof-eastbourne-seafront.org.uk](mailto:Gaynor@friendsof-eastbourne-seafront.org.uk)”

Everyone involved with *The Friends* is a volunteer.

There is also a gardening team who weed and tidy neglected flowerbeds weekly, plus an events and fundraising team.

The gardening team started when two men kept asking the council if they could do some weeding as volunteers but were not allowed due to insurance.

**In stepped *The Friends*...**



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St Wilfrid's Hospice



James Sneath.

# Make a splash for Hospice fundraiser

**SWIMMERS** are being asked to make a splash for *St Wilfrid's Hospice* in Eastbourne by taking part in its *Swim the Distance* fundraising challenge.

By **Peter Lindsey**

**Throughout March, people are encouraged to swim between 5km and 56km to raise money for the hospice.**

James Sneath, pictured, was the first person to sign up.

He said: "As part of my new year's resolution, I decided to take up swimming again for fitness reasons.

"Then, when I found out about the *St Wilfrid's Swim the Distance* challenge, I was keen to sign up. The hospice does so much for so many people in Eastbourne and beyond, that I thought it would be a great incentive to swim and raise money.

"My training has started slowly but I'm building up all the time. I'm currently swimming three times a week and

plan to increase in the run-up to the challenge. My aim is to swim at least 5km across the month, but may do more if it goes well."

There are four set distances to choose from: 5km, the length of the River Cuckmere; 15km, the length of Lake Windemere; 34km, the distance of the English Channel; or 56km, the length of the Antarctic Sound. Alternatively, participants can set their own distance.

Signing up for the event is free, and participants will be asked to pledge to raise a minimum of £121 to fund a nurse for a day. Fundraisers who reach set milestones will receive *St Wilfrid's* branded items. Raising £30 earns a swimming cap, £60 a t-shirt, and anyone reaching £500 will be given a hoodie.

For more information visit [www.stwhospice.org/swim](http://www.stwhospice.org/swim) call **01323 434241** or email [fundraising@stwhospice.org](mailto:fundraising@stwhospice.org)

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# Rediscover your smile – in just one day!

**“It has made the biggest difference. It’s the way your teeth look, and the confidence it gives you when people say you have a great smile.”**

By **David Neal Dental Eastbourne**



**These are the words of Michael Heal, six months after Teeth in a Day treatment at the David Neal Dental Implant Centre in Eastbourne – a long-lasting fixed tooth replacement solution, suitable even for people with extreme gum disease or bone loss.**

## Michael’s smile transformation story

“I knew I had problems with the teeth in my top jaw; the bottom jaw wasn’t so bad.

“Eating was a problem. I had to avoid anything too tough or crunchy and used to cut apples into small pieces.

“But most of all, I was self-conscious about how my teeth looked, and didn’t want to smile. That was the worst part.”

## Deciding which treatment was right for me

“When I first went to David Neal Dental, they confirmed the problems I already knew about, and made me aware of some I didn’t. We discussed my options.

“I knew I didn’t want a removable denture as people have told me how inconvenient they can be.

“I could either carry on as I was, dealing with problems as I went along, or opt for a more permanent solution.”

## Weighing up the value

“A full set of new upper teeth on dental implants, plus a couple of veneers on my bottom jaw, is a significant investment.

“I knew from my research that Teeth in a Day (All on 4) treatment is much

quicker than traditional implants and all my problems would be sorted in one go.

“I weighed up what was the best value and decided to go for Teeth in a Day.”

## Surgery was completely painless

“The day took about 6 or 7 hours, including the surgery and getting my new teeth.

“I had conscious sedation, so don’t remember much about the surgery. It was like being in a dreamland; time just passed.

“I was expecting some pain, but it was completely painless.

“Even afterwards there was just mild discomfort and all I needed was ordinary painkillers.”

## My new teeth look great – I’m thrilled

“When I saw my teeth later that day, I could see it was a vast improvement. You don’t realise how bad things were until you see your new smile.

“The temporary fixed teeth placed on surgery day were exchanged for the final long-lasting set about three months later, allowing time for the bone to integrate with the implants and my gums to settle. Both sets of teeth looked really natural, which is just what I wanted.

“Eial, my dentist, perfected the tooth shape, size and colour, matching them to my remaining natural teeth.

“My teeth look great now. I don’t have to worry about eating or smiling anymore.”



*“I was self-conscious and didn’t want to smile. My new teeth look so good - I’m thrilled”. - Michael, David Neal Dental patient*

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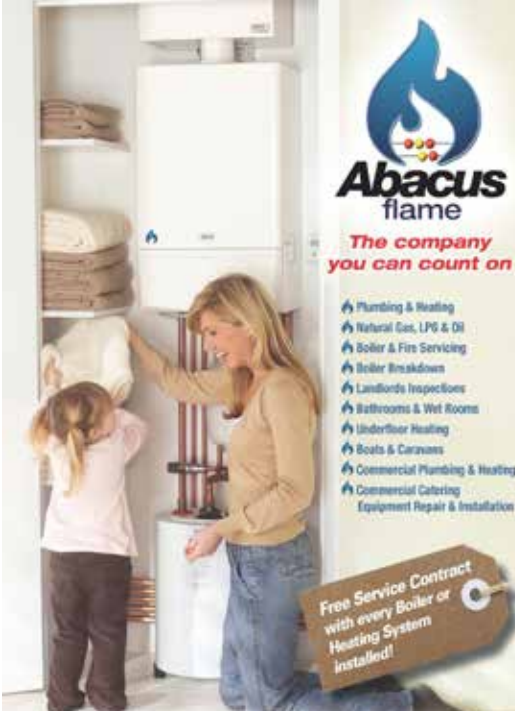


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## Member Spotlight: Little Gate Farm



**Little Gate is a charity that transforms the lives of people with learning disabilities and autism. They support adults, helping them develop the skills and confidence needed to secure meaningful paid work.**

The Charity was founded in 2013 by Claire and David Cordell.

As parents of a daughter with a learning disability, they witnessed the stark contrast in opportunities available to her compared to her twin brother. Recognising the urgent need for better employment pathways, they established Little Gate to help bridge this gap.

Since then, Little Gate has grown its services to include supported work training, supported apprenticeships, and supported employment. These programmes provide tailored support to individuals, enabling them to gain workplace experience and transition into paid employment.

In September 2024, Little Gate launched Little Gate College. This new educational programme is for people aged 16-24 who have an Education Health and Care Plan (EHCP). The scheme offers two specialised study programmes: Future Ready and Supported Internships.

Little Gate has helped people with learning difficulties and autism find work with several chamber members. Opposite are just a few examples.

### Charlie's Journey to Employment with Little Gate Supported Apprenticeships



At just 20 years old, Charlie has already demonstrated remarkable dedication to securing a stable future for himself and his family. In April 2024, he joined the Little Gate Supported Apprenticeship Programme,

eager to find long-term employment. Over the summer, he successfully moved into his own council accommodation - an important milestone in his independence.

Charlie possessed strong skills in mathematics and engineering, and also has previous experience of manual labour. While open to different career paths, he sought a hands-on, varied role within a supportive environment.

Little Gate matched Charlie with a three-week work placement at Wealden District Council, assisting the Caretaking department.

With the support of a Job Coach, he quickly adapted to his responsibilities. His Job Coach noted his growing confidence, initiative, and ability to work both independently and as part of a team. By the final week, Charlie's colleagues were already recognising his contributions.

Thanks to the skills and confidence gained through the LEAPS course and his work experience, Charlie was offered a Level 2 Customer Service Apprenticeship as a Part-time Assistant Caretaker at Wealden District Council. Now four months into his role, he is thriving, supported by a Job Coach for 75% of his working hours. His employer anticipates he will gain full independence within a year.

Wealden District Council's Learning and Development Officer praised the programme, stating, *"Partnering with Little Gate has been a rewarding experience, benefiting both Charlie and our organisation. His story is a testament to how the right support can transform lives and create lasting employment opportunities."*

### Eastbourne in partnership with Little Gate College

Little Gate College's employment programmes collaborate with Eastbourne businesses to provide placements across a diverse range of industries, including hospitality, retail, administration, manufacturing and construction.

James recently joined Morrisons Eastbourne on a twelve-week internship, starting out in the Amazon department. By his second shift James was picking and bagging items independently. He is now developing his skills within the Café.

Store Manager Rob Knight explains: *"James has settled in well as part of the team and is already showcasing great abilities and teamwork. We look forward to seeing how he progresses within the business"*



In January, Four Future Ready students began placements at The View Hotel, in their restaurant and conference & banqueting departments.

The hotel shared their experience of partnering with Little Gate: *"Little Gate Supported Employment was completely new to us, but it has been nothing short of amazing. The students are thriving at the hotel, and we're truly enjoying having them as part of our team. We're excited to see the long-term benefits it brings to our workplace and community."*

### Little Gate and the Chamber of Commerce

The Chamber is thrilled to be providing a placement to a Little Gate student in the spring. Ahead of this, the charity is providing specialist training to ensure he is given the best possible support and opportunities at work.

**If you are an employer and interested in partnering with Little Gate, or would like to learn more about the different programmes they offer, visit [www.littlegate.org.uk](http://www.littlegate.org.uk) or email [info@littlegate.org.uk](mailto:info@littlegate.org.uk)**

## New Members for February

Services from Shiloh • MARS Web Design • Mixed Reality Football • Studio W Media • Find Flow with Faye



## John Whippy Insurance celebrates 55th birthday

**Founded by John Whippy in 1970, the business has helped generations of clients with all their insurance requirements. It seems most Eastbournians have at some point been insured, or know someone who has been insured, by the brokerage over the years – be it their first car insurance or life assurance policy.**

In 1988 John Whippy Insurance Brokers led the way with new technology becoming the first local insurance broker to be fully computerised. Moving forward 37 years, the business now trades with access to modern technologies to

provide their clients with a seamless customer service and also assisting clients with rapid claims response.

John Whippy Insurance Brokers is now one of the few remaining truly independent insurance brokers not owned, appointed or managed by a larger organisation. Whilst specialising in property and business insurance, the brokerage also arranges and advises on all types of general insurance from home and life assurance to large commercial and contracting risks.

Five years ago, the John Whippy Foundation was set up to support sick, disabled and disadvantaged

children living in East Sussex. The foundation raises money with events from quiz nights and charity walks to race nights and garden fetes. To date, over £12,000 has been raised helping support the activities of the Children’s Respite Trust and Children with Cancer. A big thank you to everyone who has helped donate, take part and organised events that has then helped so many children in need of support.



John Whippy Insurance thank all their clients who have helped them reach this 55th anniversary milestone. They are immensely proud of their legacy and look forward to achieving new milestones in the future.

## Calling all tired bedtime procrastinators!

Picture credit: Joyuma on Unsplash



**Constantly going to bed later than intended? You’re not alone. Millions of people around the world are what psychologists call ‘bedtime procrastinators’: they go to bed late and miss out on sleep for no good reason.**

Eastbourne mum, Katherine Bruce, is launching a brand-new online

course called ‘Untired Me’, to help bedtime procrastinators change their habit – and she’s looking for some local user-testers to try it out before the launch.

Katherine says: *“I first had the idea for the Untired Me course a couple of years ago, when I finally learned how to rewire my own annoying*

*bedtime procrastination habit. I used trial and error to find a new routine I could stick to and just felt so much better. I’m excited to share my process (combined with a lot of research!) to help other bedtime procrastinators do the same thing.”*

Last year, Katherine took part in the LEAP business start-up programme, funded by Eastbourne Borough Council and delivered by EDEAL. With their support, she created a business plan for Untired Me that took her all the way to the Dragon’s Den as a finalist. This year, she’s hoping to use that business plan to launch and grow the company, helping bedtime procrastinators around the world to rewire their habit.

**If you’re a tired bedtime procrastinator and would like to try out the Untired Me online course for free (in return for feedback), simply go to: [www.UntiredMe.com](http://www.UntiredMe.com) and use the code EASTBOURNE before the end of March. You can also follow @untiredme on Instagram and Facebook.**



## Join today and reap the rewards!

**Eastbourne unLtd Chamber of Commerce is the largest town based Chamber in the South East, so becoming a member will connect you to a large business network offering support, advice and opportunities for you and your business to grow.**

Our members not only benefit from the varied events programme we offer but membership also enables them to submit an editorial for inclusion in this publication. This offer is free exclusively for our Members.

**Annual membership starts from as little as £70+vat per year – Join today, it’s a complete no brainer!**

# Children with Cancer Fund launch first Annual Dinner

**A FUND-RAISING dinner is being held in aid of a local charity *Children With Cancer Fund (CWCF)* which it is hoped will become an annual event.**

By **Peter Lindsey**

**The dinner will take place on Thursday 3rd April at *La Locanda Del Duca* where attendees will be treated to a 3-course meal and complementary drink on arrival.**

Chris Downton the founder of CWCF said "As this is the first event of its kind the team are incredibly enthusiastic and very much looking forward to the dinner."

There will also be a raffle and auction on the night. If there are any Eastbourne businesses or supporters of CWCF who are in a position to be



able to donate a prize these would be greatly received contact: [info@childrenwithcancerfund.org.uk](mailto:info@childrenwithcancerfund.org.uk)

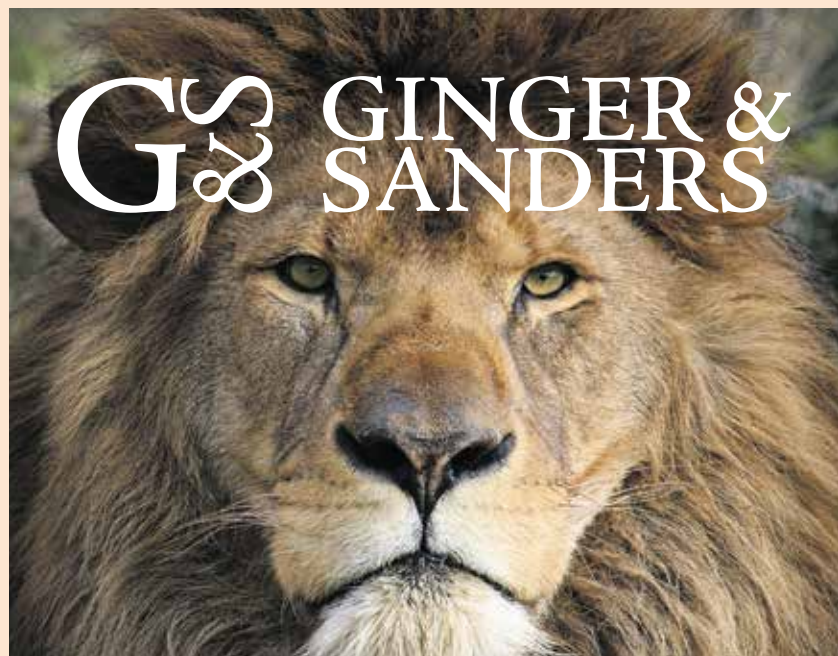
CWCF was formed in July 1998 and is made up of a small office team and local volunteers, with the main thought being to enable the children, and families of the children with cancer, to have a quality of life that we would hope to have ourselves.

Most of the time it means giving them treats or buying them something they have missed out on, normally due to

the fact that their money has been spent fighting the illness or burning up petrol going to and from the hospital for treatment.

To book please contact:  
Lucy – [accounts@childrenwithcancerfund.org.uk](mailto:accounts@childrenwithcancerfund.org.uk)  
**01323 488561**

[www.childrenwithcancerfund.org.uk](http://www.childrenwithcancerfund.org.uk)  
The event is being sponsored by the *Quality Care Group, Mango Insurance Brokers* and *Ginger and Sanders Sales & Lettings*.



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## Spring clean

**AGE UK East Sussex encourages a spring clean to help tackle loneliness.**

By **Gail McKay**

**As we welcome the spring, Age UK East Sussex is urging the public to consider donating their pre-loved items during their seasonal clear-out to their local charity shops, which will help to fund vital services for older people across the county and help to combat the growing issue of loneliness.**

### Reducing Isolation

Age UK East Sussex relies on the support of generous donors to provide a wide range of services, from befriending schemes to social activities, all of which help to reduce isolation and improve the well-being of older people in the community.

The proceeds from donations to Age UK East Sussex's shops directly fund these services locally, enabling the charity to continue its mission to ensure that no older person feels alone or unsupported.

"Your donations can help us provide the companionship and services that are so crucial for older people living in East Sussex," added Richard.

[www.ageukeastsussex.org.uk](http://www.ageukeastsussex.org.uk)  
**01273 476704**



# Training Hub hosts inspiring Green Primary Workshop

***EAST Sussex College* welcomed students from local primary schools to another *Green Primary Workshop*, held at the College's *Green Training Hub*.**

By **Tim Sorensen**

**The event focused on sustainability, renewable energy and future green careers, giving the young students the opportunity to explore the world of eco-friendly practices.**

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



Students participated in activities including building and testing wind turbines, designing bee hotels, and learning about sustainable construction skills and apprenticeships with the *Construction Industry Training Board*. They also explored waste management and the benefits of solar power.

One student wrote after: "I liked making the bee hotel because it was fun and I love being creative. I also enjoyed the wind turbines because it was a fun experiment."

Another added: "I enjoyed how open all of the members of staff (were) to questions."

This inspiring event, organized by *Eastbourne Education Business Partnership* and *Eastbourne Borough Council*, gave the students a hands-on look at important sustainability issues and green jobs, leaving them with valuable lessons and their very own bee hotels!

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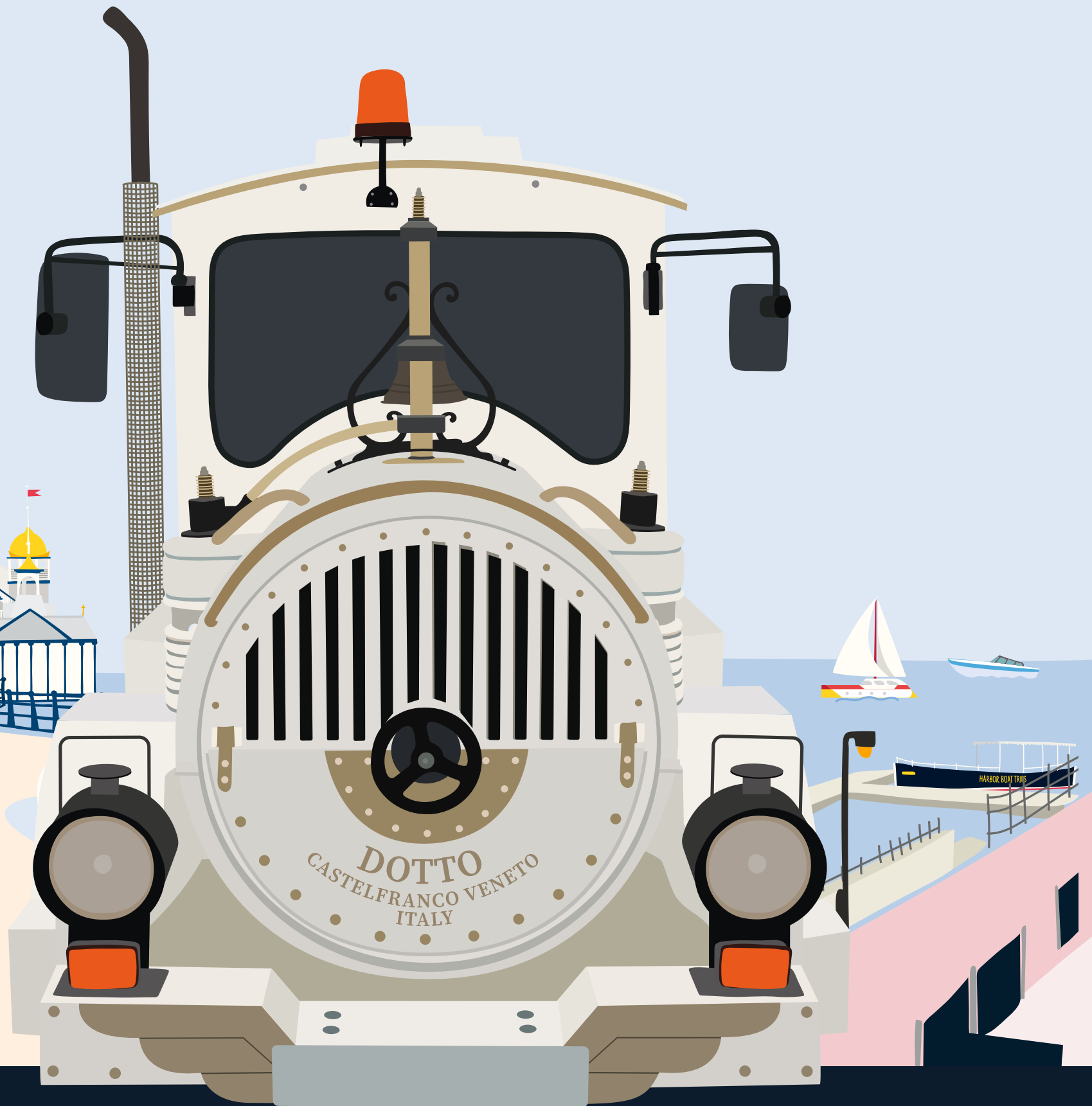
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# Dotto

Eastbourne's mini train

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 Stagecoach

# Welcome to Radio DGH!

**RADIO DGH is the hospital radio station broadcasting to the patients, staff and visitors to the *District General Hospital* plus those who listen online 24 hours a day, 7 days week.**

By **Shaun Crowhurst**

**Playing music from the 60s to today, our team of dedicated volunteers aim to make a patient's stay in hospital just that little bit more comfortable, and for those listening outside in the wider community via our website and other online platforms we aim to be a little bit different to the rest.**

## Bridging the gap

Debbie Bishop, chairperson and treasurer, who has been a volunteer since 2019 says: "We are certainly very proud of where we are today. We aspire to bridge the gap between patients within the *Eastbourne District General Hospital* and their family and friends outside at home or at work.

We encourage dedications and song requests and it is our aim to bring a smile to everyone. Our programmes include energetic rock, soul and jazz – and extend even to the tranquillity and peace of the Chapel Service every Sunday. We believe there is something for everyone, and we would like to thank all of our listeners and sponsors for their wholehearted support."

We are more than just a hospital radio station. We are a station for the local community.

## Attracting new listeners

Shaun Crowhurst, programme controller, joined the station at the age of 15. "When I joined, we were only able to be heard within the hospital. Since our launch online a few years ago the station has grown and grown into the success it is today. We are attracting new listeners all the time

from the local and wider communities and it's fantastic to hear that the public are choosing to listen to us."

## Listen for free

You can listen to *Radio DGH* for free during your hospital stay on Channel One on your bedside Hospedia Unit.

You can also listen to us from home, work or on the move via our website [www.radiodgheastbourne.com](http://www.radiodgheastbourne.com), ask your Smart speaker to "Enable Radio DGH Eastbourne" or listen to us via the *Radio Box*, *Radio Garden*, *Radio Player* or *Tune-in* apps which are free to download to your phone or tablet.

*Radio DGH Eastbourne* is a registered charity which relies solely on donations, sponsorship and fundraising to keep the station broadcasting for free 24/7.

## Running costs

The station incurs annual running costs such as required licences, website hosting and insurances which all adds up. Some of the studio equipment is now over 25 years old and will soon be in need of some serious investment.

Kevin Turner says "*Radio DGH* are sincerely grateful to our local supporters, *Eastbourne Motoring Centre*, *Clearwell Mobility*, *The Friends of Eastbourne Hospital* and *Stagecoach Buses*. We still have more sponsorship slots available and if any local businesses or services would like to enquire about our packages please contact us via email. *Radio DGH* recently created a 'Just Giving' page for those who wish to



donate to help raise funds to enable the repair or replacement of vital components within our studios."

*Radio DGH* currently has a strong team of approximately 30 volunteers. All volunteers are required to go through an application process which is overseen by the Trust and once approved, you can start your training programme alongside one of our presenters.

## Volunteers needed

*Radio DGH* also needs additional volunteers including engineers, fundraisers, and social media enthusiasts to help keep the station on air 24 hours a day.

We've recently welcomed Len Fisher to our team. Len Says "After years of the *Eastbourne District General Hospital*

looking after me, now is the time for me to start giving back. I am delighted to be part of *Radio DGH* Team."

If you'd like to get involved with the work which we are doing then please do get in contact!

Volunteering – [recruitment@radiodgh.com](mailto:recruitment@radiodgh.com)  
Sponsorship/fundraising – [sponsorship@radiodgh.com](mailto:sponsorship@radiodgh.com)  
Phone – 0300 1315900  
Facebook [Radio DGH](#)  
Instagram [Radio DGH Eastbourne](#)



Please scan to visit our JustGiving page.

# Don't miss Eastbourne Pride 2025

**TICKETS are now on sale for *Eastbourne Pride 2025*, being staged this year on Saturday July 19th.**

By **Peter Lindsey**

## And the trustees are keen to stress:

There is no funding from *Eastbourne Borough Council* – it is self-financing.

It is fully inclusive, families with children, and even well behaved pets are welcome.

This year the admission charge has been dropped for children aged 16 or under when accompanied by an adult, to further support families that attend.

The parade starts from 10am at *Eastbourne Pier* and then onto *Princes Park* for nine hours of fun and entertainment.

Michael Shepherd, People Advisor at *Brewers*, has come on board this year as one of the Trustees.

He said: "There is a general impression that we are funded by the council – we are not.

"That's why we are so grateful to our sponsors, and I am very proud that my employer *Brewers* is a sponsor for 2025.

"There are others, including the wonderful *Da Vinci Hotel* on Howard Square, but we do need more so if you are interested, please reach out to us.

"Many of our stalls and pitches are booked. There is still space left, you need to be quick though. It's going to be a great day, and believe me there is a lot of work done by a group of volunteers to make this all happen."



There is a great line-up of entertainment, including Adele, Pink and Elvis tribute acts. More acts will be announced in teaser releases through the website and social media pages.

Fellow trustee Mandy Smith said: "Last year we welcomed around 3,500 people to *Princes Park*, and it would be great to reach 4,000 this year.

"We do need your support to make it a success."

Email: [info@eastbourne-pride.com](mailto:info@eastbourne-pride.com)

Tickets costing £10 each can be bought at [www.eventbrite.co.uk](http://www.eventbrite.co.uk)

They can also be purchased at the *Bourne Out LGBT* café at 7 Mark Lane and through the website at [www.eastbourne-pride.com](http://www.eastbourne-pride.com)



Scan QR code for tickets.



## Friends of Ocklynge Cemetery

**BY the 1850s the graveyard around *St Mary's Church* in Old Town was virtually full.**

By **Gail McKay**

**So in 1854 the *Eastbourne Burial Board* purchased a field called *Ocklynge Piece* in order for a cemetery to be established. For the next century it became the main resting place for tens of thousands of Eastbourne citizens and visitors.**

### Rifles and anchors

Many graves were unmarked but others were adorned with magnificent monuments; angels ceaselessly point upwards towards heaven, stone rifles rest against old soldiers graves and large anchors are seen either symbolising a maritime grave or that the deceased was 'anchored' to their faith.

The *Friends of Ocklynge Cemetery* were established three years ago with the aim of helping to care for the cemetery and to research the history of the people buried there.

Kevin Gordon, the Chairman of the group said "*Ocklynge Cemetery* is an encyclopaedia of Eastbourne

history; Prime Ministers wives, Mayors and Members of Parliament are buried near poorer fishermen, bath-chairmen and young children. There are national heroes and champion sporting stars."

### Finding graves

The *Friends* regularly assist people in finding the graves of their loved ones. They work with *Family Roots*, the local Family History Society and the Crematoria staff to assist members of the public.

A haven for flora and fauna and the *Friends* have liaised with wildlife groups to get advice. Committee member Jo Barber has arranged bird and bat watches.

*Eastbourne Council* have previously provided a small grant to the *Cemetery Friends*, sadly this funding is no longer available.

If you could assist with a small donation please contact us.

It's free to become a friend. Contact [friendsofocklyngcemetry@gmail.com](mailto:friendsofocklyngcemetry@gmail.com) or visit [www.fooc.org.uk](http://www.fooc.org.uk)

# A fresh new service

**MORRISONS in Eastbourne has created over 30 jobs in full and part-time roles as it expands its online shopping service, with further growth potential for the future.**

By **Kim Hatcher-Davies**

**Local MP Josh Babarinde OBE visited the Eastbourne store on Saturday 15th February, During the visit, Josh took a turn at piping fresh cakes on Market Street and even got behind the wheel of an online delivery van.**

The new roles include Home Delivery Drivers, Online Team Leaders and Online Customer Assistants.

### New fresh products

Morrisons are bringing new fresh products to the delivery service,

like freshly baked tiger bread, fresh cream sponge cakes and in store prepared pizza.

Party planning just got easier now customers can order party food from Food to Order service. Delivery options include same day, the next four weeks and express click and collect. Delivery prices start from £1.50. Online delivery passes will allow customers to shop online as often as they like without having to pay for delivery every time.

### Extra treat

New customers should keep their eyes peeled on their first shop as they may find a little extra treat as a thank you for shopping with Morrisons online.



MP Josh Babarinde OBE.

Josh Babarinde OBE, Local Eastbourne MP, said: "I'm delighted that this initiative will bring dozens of new jobs to our town, creating valuable opportunities for local residents. I'm grateful to have held many of my

regular surgeries at Morrisons to support the community, too. A huge thank you to the incredible team at Morrisons, including Manager Rob and Community Champion Kim Hatcher-Davies, for inviting me to the store."

# Well done Steve!

**A VENTRILOQUIST from Eastbourne has walked 26 miles to raise funds for charity.**

By **Peter Lindsey**

**Steve Hewlett walked the length of a marathon in January and raised £600 for Prostate Cancer UK.**

He decided to take up the challenge after seeing a sponsored post on Facebook, encouraging people to sign up.

This is what he told the Basingstoke Gazette: "I'd got quite fit from doing a panto in Nottingham, and I wanted to keep that up once it finished.

"I did the first day with my dog as I didn't have my puppets, but the second day, and every day after that, I walked with the puppets. I walked around Nottingham, around Eastbourne by the seafront and theatres.

"I've got three or four friends who are going through prostate cancer

and I wanted to highlight that as well as the charity.

"For anyone to have donated in January is crazy, but I didn't think I'd raise £600 which is absolutely wonderful."



Steve continued while on a cruise, doing laps around the ship at 3am when he wasn't performing his ventriloquist act.

He said: "Prostate cancer now affects 1 in 8 men in the UK. That's thousands of dads, partners, brothers, grandads, uncles and mates. I'm raising money to help fund lifesaving research and support for men and their families affected by prostate cancer."

You can still donate here: <https://runthmonthme.prostatecanceruk.org/fundraising/steve-hewletts-26-miles-in-a-month-with-a-puppet>

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# HailshamEye



Young at Heart Over 55's Social Group  
Mondays 10:30am–12:30pm



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# Hellingly Community Hub: A thriving space bringing people together

**SINCE opening in December 2020, *Hellingly Community Hub* has become a vital part of the local community, offering a welcoming space where people of all ages can connect, learn, and stay active.**

**As 2024 marks its busiest year yet, the *Hub* continues to thrive, with an increasing number of clubs, groups, and organisations making it their home.**

## **A hub full of life and activity**

The *Hub*, located in The Drive, Hellingly, is a bustling centre of activity throughout the week. Whether you're looking for social connections, fitness classes, or a place for community events, there's always something happening:

**Hellingly Youth Hub** – A fun and safe space for young people in years 6-11 (Wednesday evenings).

**The Hellihubs Baby & Toddler Group** – Supporting parents and carers with engaging activities (Mondays 8:30am–10:00am).

By **Nic Gray**

**Fitness Classes** – From Pilates to Bootcamp, keeping the community active.

**Young @ Heart Over 55's** – A vibrant social group with refreshments, quizzes, bingo,

activities, and light exercise (Mondays 10:30am–12:30pm).

The *Hub* is also a sought-after venue for birthday parties, family celebrations, fundraising events, and business meetings, offering a flexible and well-equipped space for all occasions.

## **A space designed for comfort and convenience**

One of the reasons the *Hub* has become so popular is its modern and user-friendly facilities, designed to make every visit enjoyable:

- Three spacious rooms with free Wi-Fi, hearing loops, underfloor heating, air conditioning, and a sound system.





Meetings catered for with free Wi-Fi, hearing loops, underfloor heating, air conditioning, and an AV system.



Hellingly Community Hub has become more than just a venue. Seeing how many people benefit from this space is truly heartwarming.

- A fully equipped kitchen, perfect for catering needs.
- Free car parking with two electric vehicle charging points.
- A lending library, where visitors can donate, swap, or borrow books and puzzles.

**A true community hub**

Jenny Hoodless, Clerk of Hellingly Parish Council, shared: *“Hellingly Community Hub has become more than just a venue – it’s a place where people come together, friendships are formed, and community spirit thrives. Seeing how many people benefit from this space is truly heartwarming, and we are committed to ensuring it continues to serve Hellingly for years to come.”*

**Host your next event at hellingly community hub**

Whether you’re planning a community meet-up, fitness class, training day or a special celebration, the Hub provides the perfect setting. It is available for:

- Community clubs & social groups.
- Fitness & exercise classes.
- Children’s birthday parties (including space for inflatables!).
- Fundraising events & quiz nights.
- Business meetings, workshops, and seminars.

With its modern facilities, easy accessibility, and warm atmosphere, *Hellingly Community Hub* is the ideal place to bring people together.



Perfect for weddings and celebrations.



Spacious rooms allowing for multiple activities.



**To find out more or make a booking:**

Contact The Bookings Team on **01323 449415** or Email: [hubbookings@hellingly-pc.gov.uk](mailto:hubbookings@hellingly-pc.gov.uk)



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# A massive win for our community

**HAILSHAM Active help persuade *Town Council* to drop charges to junior sports clubs using our recreation grounds.**

By **Steve Wennington**

**There are a lot of different charges to different groups for using recreation grounds.**

Some of these go back 40 years as no rules or precedents have been set for local town and parish councils to follow.

However, the costs of running local sports organisations have rocketed.



No longer can you just turn up and offer to be coach to a junior sports club. You need all sorts of qualifications and safeguarding certificates, and these are not cheap.

Having pointed out some these additional burdens to our sports clubs, we are delighted that *Hailsham Town Council* has followed the lead of *Hellingly Parish Council* and dropped charges for use of recreation grounds.

This is a massive win for our community and the volunteers who do so much for our town.

Thank you *Hailsham Town Council*.

The good news for council tax payers is that our local clubs now take much more responsibility in the upkeep and improvements to pavilions and changing facilities. Overall, we think this is a common sense win for everyone.


Hailsham Active is Proudly Supported by

Lightning Fibre


# Hellingly RFC needs you!

**ARE you looking for a new challenge?**

By **Ian Hannaford**

**Do you thrive in a team-first environment with a drive to win? Our family-focused rugby club is looking for passionate, dedicated players like YOU!**

**What we offer:**

**Team Culture:** We pride ourselves on our strong, supportive, and inclusive community.

**Winning Drive:** Our commitment to excellence and victory fuels our journey.

**Weekly Training:** Sharpen your skills and bond with teammates.

Whether you're an experienced player or new to the sport, there's

a place for you in our club. Come be part of something bigger than yourself, push your limits, and make lifelong friends along the way!



Training is every Tuesday at 18:45 – 20:00 at the *Hellingly RFC*, Lower Horsebridge Recreational Ground, Hailsham BN27 4DL

Ready to join the team? Drop us a message or come to one of our training sessions to see what we're all about. We can't wait to meet you!



## Hellingly RFC Minis

*Hellingly Rugby Club* are looking for new players to join our exciting new minis section. Currently recruiting age groups 6 and 7 year-olds, but all players are welcome, both boys and girls. We have excellent facilities and a keen and eager set of fully trained coaches.

We charge no fees, and offer free coffee/tea for parents/guardians.

Training starts at 10am every Sunday morning at the recreation ground in Lower Horsebridge.

For more information contact head coach Deri at: [indyedit@yahoo.co.uk](mailto:indyedit@yahoo.co.uk)

# Enjoy this wonderful, peaceful garden

**BATES Green Garden at Arlington is now open every Wednesday and Saturday from 10am–4pm.**

By **Peter Lindsey**

**It's a naturalistic and tranquil garden with a beautifully established wildflower meadow, and neighbouring ancient woodland, close to the South Downs.**

It is full of birdsong, with plentiful places to sit, relax, and immerse oneself in nature.

*Bates Green Garden* was designed and planted from 1968 by the

late Carolyn McCutchan, a skilled plantswoman.

The Garden is unique in its selection of many unusual plants, including mature trees and shrubs. It continues to evolve, featuring colourful and imaginative plantings.

The distinct areas of the garden offer a sensory experience with bulbs, grasses, herbaceous and woody plants providing colour, scent and texture in all seasons.

The Front Garden has wonderful autumn colour and sings out in late winter when the low sun lights up



the many Cornus and Salix stems. Snowdrops, aconites and Crocus herald the spring.

The Middle Garden is formal in its layout, with exuberant planting, which is continually being redesigned to adapt to our changing climate.

The Woodland Garden contains a fine collection of Narcissus. A majestic oak tree presides over

this area providing welcome shade throughout the summer months.

The Wildflower Meadow has mown paths through its six acres with seating and fine views of the South Downs. *Bates Green Garden* is a peaceful space, full of birdsong, with plentiful places to sit, relax, and immerse oneself in nature.

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

It's a hard fact of life that **1 in 4 men** will suffer ill mental health challenges in their lifetime

**94 men per week (2 per day in the building industry) are taking their own lives**

Men account for **75% of all suicides**

**"Take one small step to mankind and one giant step for yourself."**



It's a big step to say "I need help."

**The world is changing**

It's not weak to speak

**Come and chat or just listen**

**FREE SUPPORT GROUP**

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From 6.00pm - 8.30pm at,  
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Vega Close, Hailsham,  
BN27 2JZ

**Jon: 07590 072955 Lewis: 07463 241653**

E: [info@mankindcic.co.uk](mailto:info@mankindcic.co.uk) [www.mankindcic.co.uk](http://www.mankindcic.co.uk) ManKindEastbourne



## Exciting news from Mankind!

**WE'RE pleased to announce the expansion of our men's mental health support group with a new weekly session.**

By **Peter Lindsey**

**The venue is the Family Hub, Community Centre, Vega Close, Hailsham BN27 2JZ.**

Led by Jon and Lewis, these sessions kick off at 6pm with tea and coffee, followed by the meeting from 6:30pm until 8:30pm.

This new group will meet every Friday, providing a welcoming and safe space for men to come together, share experiences, and support one another.

This new session is in addition to the Eastbourne meetings on a Wednesday and Heathfield meetings on a Thursday.

Mankind recently received a cheque for £9,500 from *The Royal Eastbourne Golf Club* raised at their annual charity day – the money raised will be used to fund private counselling.

For more information on *Mankind* please contact Ian Pickard on **07793 431665** or [www.mankindcic.co.uk](http://www.mankindcic.co.uk)

# Sign up for Fun Run in May

**HAILSHAM Community Run is taking place on Sunday May 18th.**

By **Peter Lindsey**

**Organisers are confident that it will be bigger, even better and top the success of the previous run, where 772 people completed the 10k, 5k, 3k or all-inclusive one-mile runs.**

**Mark the date**

Mary Laxton, one of the organisers, said: "Don't forget to mark the date of

the next *Hailsham Community Run* in your diaries today.

"You can register on the website so be sure to book your place well in advance as we closed entries early last May due to the overwhelming popularity of the event.

"The High Street was full to capacity



last year with around 2,000 people, including competitors and supporters.

"The atmosphere was electric, and I was impressed with how many local clubs and community groups participated to raise funds for their chosen cause.

"Let's not forget, the *Hailsham Community Run* is the second largest public town event in Hailsham – and the fastest growing event in the running calendar in East Sussex.

"We pride ourselves on being fully inclusive and family-friendly at this event, which has grown from humble beginnings but grown in popularity."

Hailsham High Street will be closed from 9am to 1pm on the day.

You can register at: [www.hailshamcommunityrun.co.uk](http://www.hailshamcommunityrun.co.uk)



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Or Email - [safehaveneastsussex@gmail.com](mailto:safehaveneastsussex@gmail.com)

Find me on Facebook - Safe Haven Counselling Services East Sussex



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"The most basic of all human needs is the need to be understood." - William James

# Thorndale

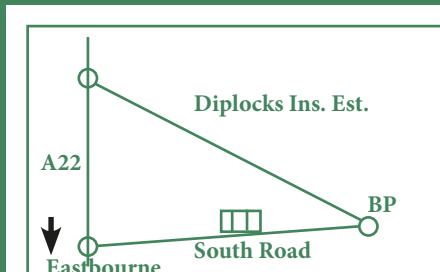
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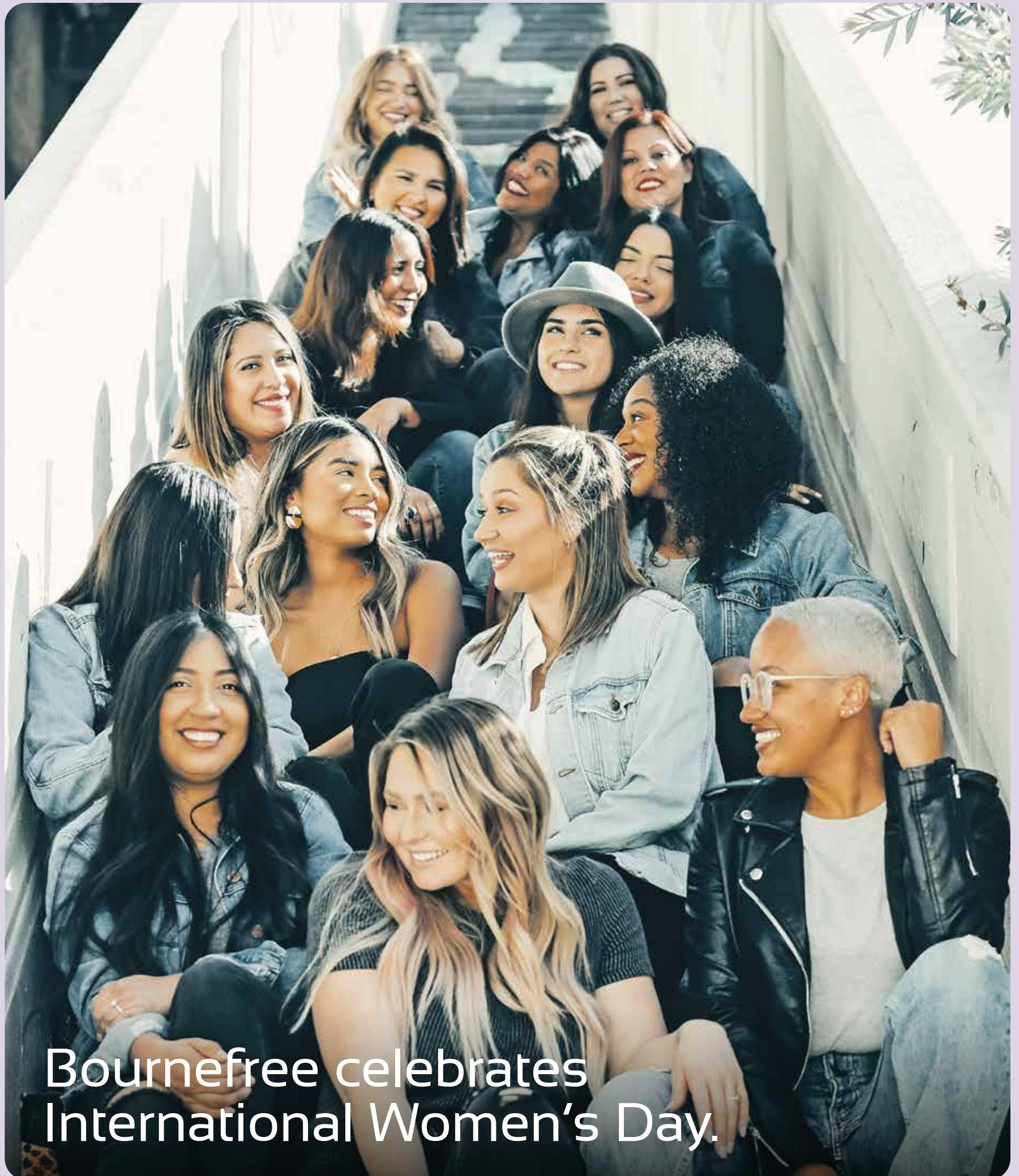


#### Opening Times

Mon – Fri 9am to 4pm  
Saturday 10am to 4pm  
Sunday 10am to 2pm  
Bank Holidays 10am to 4pm



# #AccelerateAction



Bournefree celebrates  
International Women's Day.

# A decade of growth

## Marking 10 years of making a difference

**THIS month, Willow Tree Financial Services is celebrating a milestone—10 years of guiding clients towards financial clarity, security, and peace of mind.**

By **Peter Lindsey**

**A decade ago, Rachael Panteney made the bold decision to create the business she truly believed in—one rooted in empathy, values, and meaningful advice.**

She stepped away from the traditional model of financial advice to build something different: a space where clients are not just

numbers but people with dreams, challenges, and stories.

Over the past 10 years, *Willow Tree* has grown from a vision to a thriving financial planning practice, supporting countless clients with pensions, investments, mortgages, and crucial insurance policies that have made all the difference during life's unexpected moments.

But beyond the numbers, it's the relationships, the trust, and the positive impact on clients' lives that truly define this journey.

None of this would have been possible without the incredible people who make *Willow Tree* what it is today. Rachael's dedicated team—Haylee Jackson, who has been client support since day one, and Cassandra Simmons, who is flourishing in her adviser role—as well as the behind-the-scenes support from marketing marvel Camilla Bevington and paraplanning expert Georgina Richmond. And of course, to the clients who have placed their trust in *Willow Tree*, thank you for being part of this story.



As they celebrate this milestone, they're filled with gratitude for the past and excitement for the future. Here's to the next chapter of growth, connection, and making a difference—the *Willow Tree* Way.

Why not check out their website or follow their social media accounts using the links below.

[www.willowtree-fs.co.uk](http://www.willowtree-fs.co.uk)  
 Facebook: [willowtreefinancialservices](https://www.facebook.com/willowtreefinancialservices)  
 Instagram: [willowtreefinancialservices.uk](https://www.instagram.com/willowtreefinancialservices)

# Baby Bank & Beyond

**INTERNATIONAL Women's Day 2025, is, apart from anything else, a chance to celebrate the achievements of women.**

By **Nicky Walker**

**In December 2022, hidden away in Hellingly near Hailsham, three women, who had become increasingly aware of the unacceptable pressure on some families to provide the basics for their young children, started a little volunteer project to 'help out'.**

Two years later that good cause, *Baby Bank & Beyond CIC*, has supported 1,500 local children with good quality, kindly donated clothing, equipment — like cots and prams — toiletries, bed clothes and toys.

Although not exclusively, the vast majority of these families are lone women with children, often without emotional, practical or financial support from family. And if bringing up a family as a single parent isn't an achievement, I don't know what is!



The *Baby Bank* aims to alleviate the challenges faced by providing the essential items other families may take for granted. Sometimes it's just a winter coat or a cot that's requested. Sometimes it's absolutely every essential you would need to welcome a new arrival.

We also signpost to community food and other local networks, in the hope that things can be a little better in a world where things are not always easy.

In truth, we help anyone who is struggling if we can regardless of their family set up, ethnicity and

personal circumstances — and not just women. It is always particularly rewarding to know that the work we do, co-ordinating donations and requests, organising and preparing, delivering and fundraising, is helping someone, somehow.

And so from the *Baby Bank* volunteer women (now six of us) to all the women we serve in South Wealden, Eastbourne, Lewes and everywhere in between and nearby, Happy *International Women's Day*.

**07355 445502**  
 Email: [Nicky@babybankbeyond.org](mailto:Nicky@babybankbeyond.org)  
 Instagram: [babybank.southwealden](https://www.instagram.com/babybank.southwealden)

# Hawes Construction Group

**HAWES Construction Group** are based in Polegate and directly employs 24 people. Over 50% of the office staff are female: Business Development Manager – Lisa Pickard, Surveyor – Janene French, Accounts Manager – Sara King, Management Trainee – Molly Wild and of course Company Director Sarra Hawes.

By **Gail McKay**

**In addition, T-Level Student Marley spends one day a week with Hawes whilst studying for a qualification in Design, Surveying & Planning. Marley said: "Everyone at the College and at Hawes have been so supportive, it's a great environment to work in and I've built lots of relationships with people!"**

### Break the mould

Sarra began her construction career in 1988 as a Management Trainee at *Walter Llewellyn & Sons*. At that time, the industry landscape was vastly different, with fewer opportunities for women. Determined to break the mould, Sarra quickly rose through the ranks to become the company's first-ever female Site Manager overseeing a wide variety of contracts across the Southeast.

### Passionate advocate for women

Sarra is a passionate advocate for women in construction and actively promotes gender diversity and inclusion within the industry, speaking at events and mentoring young women who aspire to build careers in construction.

As the chair of the *Constructing Excellence Sussex Club (CESC)* for several years, Sarra has had the privilege of collaborating with some exceptional women in the industry. From architects and surveyors to management trainees and company directors, these women passionately discuss a variety of industry topics at monthly events.

Sarra says "Women represent just 1% of skilled tradespeople in construction, and we're determined to change that. We believe that by breaking down barriers and challenging stereotypes, we can attract more women into construction and support their growth and success."



Sara King.



Sarra Hawes.



Lisa Pickard.



Janene French.

## Mother's Day

30th March



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# International Women's Day

**Imagine a gender equal world. A world free of bias, stereotypes, and discrimination. A world that's diverse, equitable, and inclusive. A world where difference is valued and celebrated.**

Together we can forge gender equality. Collectively for #IWD2025 we can all #AccelerateAction.

*International Women's Day (IWD)* has been around for over a hundred years, as have many of the issues still impacting women's advancement. Since 1911, IWD belongs to all who care about women's equality.

Celebrate women's achievement. Raise awareness about discrimination. Take action to forge gender parity. Find out about events in your area.

**Wayfinder Woman** is hosting a *Glitter Gala* to help raise funds for their life-changing work at the *Grove Theatre*, BN21 4TL

Find tickets at [www.tickettailor.com](http://www.tickettailor.com)  
Acts include, *Rock Choir, Bodiblossom, Cherry Dance, Julie Jepson*. Saturday, 8th March 2025 at 6:30pm

**Muma Nurture** will be celebrating at the *Flow Fusion studios*. You can book in to the day or the workshops here:

Workshops include, confidence boosting workshops, sound baths, a yoga session and much more. Fine detail and booking information on their *Facebook* page [@MumaNurture](https://www.facebook.com/MumaNurture) or email [contact@mumanurture.org](mailto:contact@mumanurture.org)



## JANE KING

**Bizzybirds is a networking group created for busy women. We meet monthly in four local towns across East Sussex. Our meetings are an opportunity to meet like-minded women in business and make authentic connections.**

Our meetings are relaxed yet structured, welcoming and supportive and affordable too.

Networking is a great way to grow your business.

If you have never tried networking before, we are a great place to start.



Our meetings start at 10am to allow for flexible working businesses.

You can find us on *Facebook* and book in to a meeting.

[www.bizzybirds.co.uk](http://www.bizzybirds.co.uk)  
**07719 122554**  
[jane@bizzybirds.co.uk](mailto:jane@bizzybirds.co.uk)

## AGNIESZKA WIESENTHAL

**I am Polish, and as a teenager, I fell in love with everything English after watching *Keeping Up Appearances* on Polish TV—the language, culture, and unique humour.**

That show sparked a passion that led me to study English and become both a teacher and a translator, careers that bring me immense satisfaction.

A few months ago, I took a bold step and took over a translation agency from a colleague I had previously worked for. It was a leap of faith that turned my



lifelong passion for language into a thriving business of my own.

Please contact me for more information on translating and other language services.

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## CHERRY DANCE

**Happy International Women's Day from Cherry & the team!!**

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- Yolates • Boylesque
- Dance Fit • Street Dance
- One to One Fitness and more!!

*Cherry Dance Company* are also involved in lots of local events providing entertainment all over Eastbourne. Including their iconic annual *Zombie Flash Mob* and *Eastbourne Carnival*.



Want to get involved?

Here's how...

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[cherrydance@hotmail.co.uk](mailto:cherrydance@hotmail.co.uk)

## NIC GRAY

**Empowering Women in Business Every Day**

At **Nic Gray & Associates**, we support business owners by providing expert virtual assistance, helping entrepreneurs and professionals streamline operations, manage marketing, and grow with confidence. Our goal is to take the pressure off, giving you the time and space to focus on what truly matters – building your business and making an impact.

This *International Women's Day*, we celebrate the resilience, innovation, and leadership of women shaping the future. Success is built on



support, and our team is here to help you every step of the way.

Together, let's **Accelerate Action** for gender equality. **How can we support you?**

[nic@nicgray.co.uk](mailto:nic@nicgray.co.uk)  
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### MONIKA ROZWARZEWSKA-DELVES

**I was born and raised in communist Poland, which, paradoxically, gave me both resilience and an entrepreneurial spirit.**

My second home is Colorado, USA, where I attended high school and worked while visiting my father.

Though I've lived in England for five years, my accent remains delightfully mixed! I hold a degree in sociology, spent seven years as a journalist, and 25 as a translator, but my true passion has always been dogs.



Now, I run a natural dog food business with my husband while also working as a Canine Behaviourist, Canine Nutritionist, and Dog First Aider. I feel fulfilled.

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I was runner up at the *Female Business Awards*.

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### GAIL MCKAY

**I'm the sales manager at Custard Design and Bournfree Magazine.**

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Its almost impossible to grow your business in your immediate area without networking.

*Bizzybirds* offers vital flexibility for women as their meetings conveniently start at 10am.

I have met some amazing women and made some great friends.



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# Exercise: the miracle cure

**WHEN Professor Scarlett McNally was diagnosed with cancer in 2018, she was told she was too sick to have a stem cell transplant.**

By **Peter Lindsey**

**The DGH consultant orthopaedic surgeon knew she had to get fit so she could have the transplant, and that is when she turned to using an electric bike.**

Having potentially only months to live, the treatment in 2020 was successful and Professor McNally now leads a full and healthy life.

She has been named in *Cycling UK's #100WomenInCycling 2024*, and was nominated because of her work championing active travel and policies to reduce ill health, road traffic injuries and pollution.

## My bike saved my life

She said: "I credit my electric bike for saving my life, it's as simple as that. I was very unwell and I had to get fit. Even when I was tired throughout the chemo, the electric bike gives assistance to keep the legs going. I cycled every day come rain or shine, and I hope that is a powerful message to everyone.

"There is no doubt that exercise leads to one becoming much healthier, and it reduces complications of health conditions you may have.

"It can be difficult to get started but for me it became part of my everyday life. The best forms of exercise are what fits into a person's schedule. People are becoming less fit and this impacts on the rest of society. There are record numbers of people unable to work because of long-term sickness and ten million informal carers in this country which means less tax revenue that can harm the economy."

Professor McNally writes articles in the *British Medical Journal* and has been on a number of health committees. She now works part-time at the Trust and travels to work and conferences by electric bike and train. She has written about exercise reducing complications following surgery by half.



Professor Scarlett McNally.

## Bespoke Cycle Group

She was also instrumental in setting up the *Bespoke Cycle Group* in Eastbourne back in 2008.

She said: "Eastbourne is only four miles across – an easy distance on a cycle. Bespoke is about changing hearts and minds and also the need to improve our infrastructure. The message was: 'get on your bike and do it.'

"I led on a medical academy report called 'Exercise: the miracle cure' showing that 150 minutes of exercise each week reduces the risk of serious illness dramatically – for example, the risk of being diagnosed with dementia drops by 30 per cent, Type 2 diabetes 40 per cent and older people's falls by half."

## Exceptional women

*Cycling UK's #100WomenInCycling 2024* highlights the 100 exceptional women who promote cycling and encourage others to take part.

It celebrates inspirational women who are leading by example in this wonderful and life-enhancing activity.

Women from all walks of life and every corner of the cycling world have been nominated, from mountain bikers and endurance cyclists to community group leaders, cycling school-run mums and industry entrepreneurs.

The initiative was set up because at every age group, women cycle around three times less than men.

In general their needs are different, so practicalities need to change to allow more women to get the benefits of cycling. Key changes proven to improve the numbers of people changing from a car journey to walking or cycling include: safer routes for active travel, better motorist behaviour and 20mph areas where people are. Scarlett would love to see more people, of any gender cycling to work!

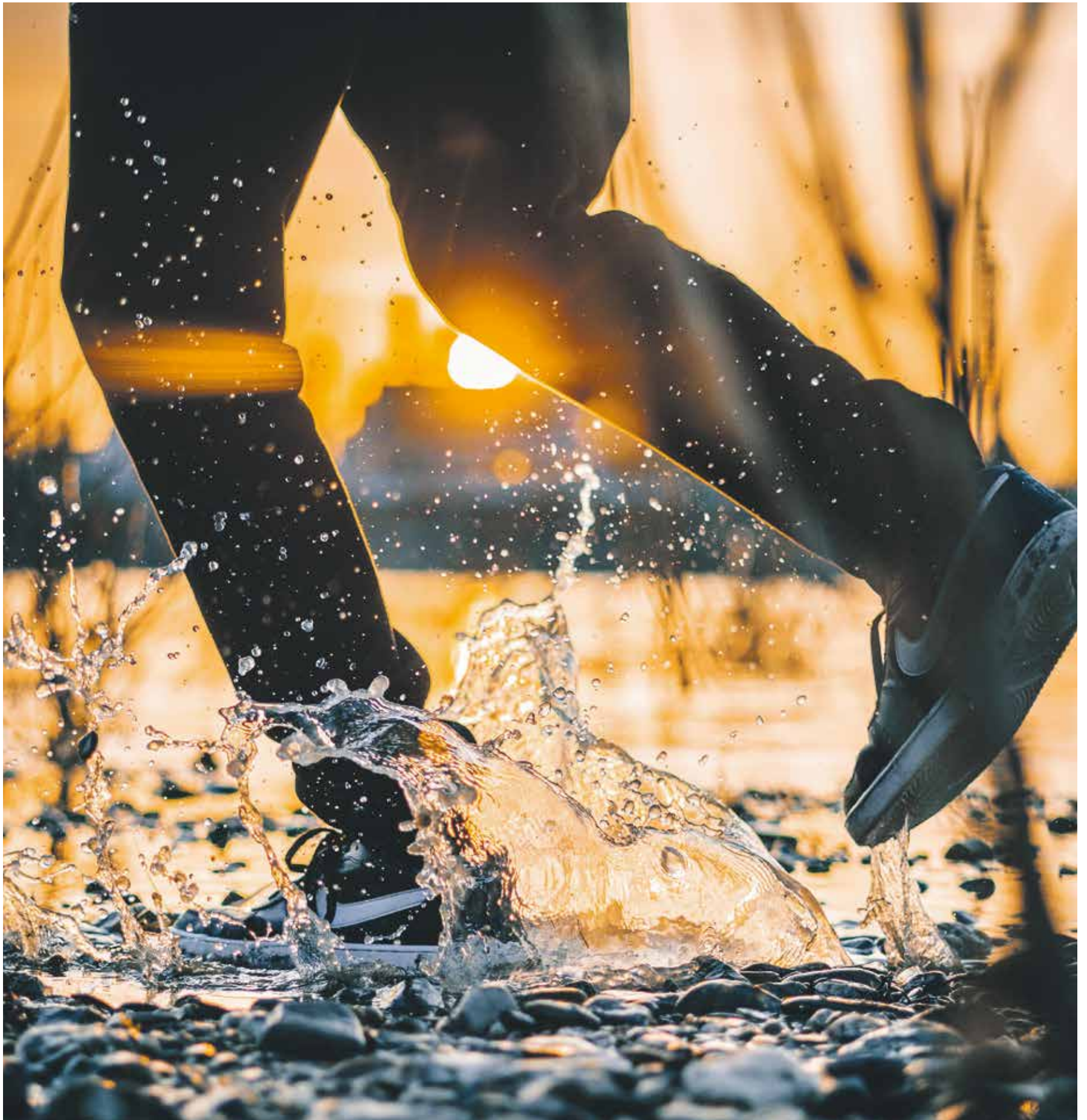


Scarlett on a UKHACC cycle ride.



Scarlett showing health benefits.

# Health & Wellbeing



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# Sussex Footcare continue to invest in the latest Podiatry equipment

**OUR new modern clinic has two treatment rooms, and we have 5 practitioners who can treat you. Our clinic is modern, and we continue to invest in new equipment. We have already helped over 1,000 patients in 2025.**

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

## Our new innovative treatments include:

- Swift micro-embliation verrucae treatment
- Shockwave therapy,
- Footscan with Phits 3D printed orthotics
- Dermatoscope to identify any lesions

With all of this equipment we are confident we can help treat most foot conditions at the highest quality. Below we have written an article on Verrucas and our revolutionary SWIFT micro-embliation treatment.

## Verrucas: causes, symptoms, and treatment

Verrucas, also known as plantar warts, are small, rough growths that appear mainly on the soles of the feet. They are caused by the human papillomavirus (HPV) and are common in both children and adults. While Verrucas are generally harmless, they can be uncomfortable and sometimes painful, especially when walking.

### Causes of verrucas

Verrucas are caused by certain strains of HPV, which infect the outer layer of the skin. The virus enters the body through tiny cuts, cracks, or weak areas in the skin, typically on the feet. Because HPV thrives in warm, moist environments, verrucas are often contracted in places like swimming pools, public showers, and locker rooms.

Certain factors can increase the risk of developing verrucas, including:

- Walking barefoot in communal areas
- Having a weakened immune system

- Skin injuries or abrasions
- Excessive sweating (hyperhidrosis) on the feet

### Symptoms of verrucas

Verrucas can vary in appearance but are usually characterized by:

- A rough, grainy texture
- A small, circular shape with a hard, thickened outer layer
- Little black dots (which is clotted blood from tiny capillaries)
- Pain or tenderness, particularly when pressure is applied while walking or even pinching the area

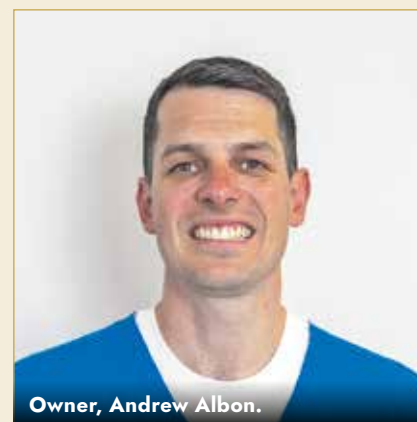
Verrucas are often confused with corns or calluses, but they tend to interrupt the natural lines of the skin and may cause discomfort when squeezed from the sides. In our clinic we have an advanced Dermatoscope which will indicate if it's a Verrucae or not.

### Treatment options

We use several treatment options in our clinic however if you have multiple or have had long standing verrucas we have the revolutionary SWIFT non-invasive micro-embliation to use.

### How does SWIFT verruca treatment work?

A Verruca/wart is a type of a benign tumour affecting the skin caused by one of many types of the Human Papilloma Virus (HPV). The microwave technology delivers rapid heat to your wart and in just a few minutes the treatment is complete, allowing for the healing cascade to commence. SWIFT verruca treatment is proven to work in 83% of patients who undertake our treatment protocol.



## What are the advantages of SWIFT verruca treatment?

- Safe for adults and children
- Following the treatment protocol SWIFT is 83% successful in resolving verruca
- Proven results compared to traditional treatment methods
- Rapid treatment time of just a few seconds per application
- Minimal discomfort following the procedure
- No post-treatment dressings or significant precautions
- No need for an anaesthetic injection or minor surgical procedures

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 Sussex Footcare

## Treatments on offer include:

- **Clinic Treatments**
- **Callus & Corn removal**
- **3D Footscan gait analysis**
- **Phits 3D printed orthotics**
- **SWIFT Micro-embliation therapy for warts and verrucas**
- **Fungal nail treatment**
- **Nail Surgery**
- **Diabetic foot assessments**
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**Goring Clinic**

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# Harnessing the power of holistic healing

**IN today's fast-paced world, stress, tension, and health concerns are at an all-time high.**

By **Gail McKay**

**Many people are seeking natural, non-invasive ways to restore balance, improve well-being, and enhance their quality of life.**

Beverley Collison is the founder of *Complementary Therapies & Training Centre, CTTC* which offers therapies as treatments, workshops and courses. Trained extensively in complementary therapies with over 13 years experience in teaching, Beverley offers support and inspiration to her learners to become great qualified therapists. Courses are accredited with *VTCT* and are offered with flexible times and completion schedules to suit learners.

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**Facials** are a rejuvenating treatment to the face and neck, using a range of products to suit specific skin types, accompanied by a soothing massage.

**Ear candling** involves using special candles for relaxation purposes.

*CTTC* supports Inspire's monthly market at Green Street on the first Saturday of the month.

Contact to book a treatment, workshop, course or for further information.

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# Why Circus can be good for your health

## BRUISES make you better, broken bones do not...

By **Peter Lindsey**

**Sweet Circus CIC is a non-profit organisation providing opportunities for people of all ages, backgrounds and abilities to benefit from engagement in circus play and learning circus skills.**

It does this through, classes, workshops and online retail.

The group has moved into new premises at 18 Bourne Street and its priorities are physical, mental and social wellbeing through circus.

Its activities are open to all – it's inclusive, fully accessible and there no barriers to taking part.

Miz Wells is the brainchild behind *Sweet Circus*.

She said: "We have been operating now for around 10 years and each week we have around 70 people come through our doors.

"That includes children from the age of four, youths, adults and 50-plus. We also have specific SEND provision and take our activities to care homes, Schools and community groups.

"We also take part in various events and festivals. We are thrilled with our new venue but also operate sessions from *St Elizabeth's Church* in Old Town, and our 50-plus sessions run out of the main *Tesco* in Lottbridge Drove."

### So what can you expect from a session at Sweet Circus?

Miz said: "Well, you would be welcomed in and reassured that your feelings of anxiety and excitement are perfectly normal, we'll introduce you to a few new friends and start our warmup.

Let's say you've come to a beginner Sling class, we'll then introduce you to the equipment with some strengthening exercises, you don't have to be strong to start, but you need to start to get strong! In your



very first session you will find the confidence and ability to get off the ground, sitting or standing in what could be described as a silky hammock.

You will learn a couple of moves or poses and will have a room full of supporters encouraging and supporting you. Before you leave, we'll have a bit of a stretch and chat. We will work at your pace throughout the session and help you listen to your own body. You don't have to bring a friend; the social aspect is very important to what we do. Many positive friendships have been made through circus!

"It's all about having fun, exercising with the emphasis on agility, balance, co-ordination, confidence and resilience!



### So, why are circus activities good for you?

Miz said: "For people who feel marginalised, underconfident, or lonely we provide a safe space and enhance each one's positive self-image.

"Circus is physically active, but can be accessed at any level, so you will be developing your lung, and heart health and building strength and bone density all in a socially supportive, non-judgemental environment. It does not matter how strong, fit, flexible, slim, coordinated or old you are.

"I am a great believer that failure is the first attempt in learning, and learning together creates social support networks. We use the sensory aspects of circus to develop emotion regulation and the social aspects to develop how we support each other.

"Circus Skills have many benefits, juggling, for example, can have a calming effect, destressing and resetting the brain. It has been shown to improve memory, concentration, strengthen and develop synapses in the brain and grow more brain cells, all of which can postpone the onset of brain disease as well as improving our functionality in daily life.

Risk management is also important, we see many young people who are risk adverse, as well as those who are thrill seekers – we teach that there are 'safe' ways safe to push limits. Bruises make you better, broken bones do not."

### Activities at Sweet Circus include:

- Aerial hoop, trapeze, silks and sling and occasionally something more obscure like rings, or mini hoop, they even have an aerial anchor!
- Juggling, diabolo, poi, hula hoop, plate spinning, flower sticks and more.
- Aerial Pilates.
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Everyone is welcome to book sessions with *Sweet Circus*.

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07718 996853  
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# Polegate Ramblers' photo archive

**LAST year was the 65th anniversary of the Polegate Rambling Club, which started life as 'The Polegate Field Paths Preservation Society' in 1969, with the purpose of 'restoring, sign-posting and maintaining direction signs, stiles, gates, etc'.**

By **Lindsey Gwynne**

**In pre-social media days the club was diligent in keeping scrapbooks of walks, trips, meetings, events and working parties, all recorded in nine big photo albums. A project has recently taken place to scan all the scrapbook pages and make them available on the club website. The exercise was an eye-opener to the ways in which the club has changed, and how it's remained the same.**

Back in the day, *The Heavy Gang* went out to clear footpaths and rebuild stiles with materials provided by the council. Not a hint of health & safety, the volunteers were able to undertake the jobs using their own skills and common sense.

Once established, as well as walking locally, members went on many coach trips for walking and sight-seeing, including several visits to Dieppe. They ran stalls at fetes, raised money for charity, attended slide-shows and illustrated talks. From time to time the club welcomed blind ramblers who they accompanied on suitable walks.

The walks were organised in a much more informal fashion than today;

the rambles secretary enlisting future walk leaders at a coffee stop during a ramble, and noting them in his little black book! Initially walks were just a few miles usually in the afternoon, but at some point the three walk options were adopted, all starting in the morning. There seemed to be a lot more pub-lunching than there is now, although still plenty of picnicking.

Many scenes are virtually unchanged – the downs, pubs & villages; although some of the photographic evidence shows the march of time – there were several more yards of cliff at Birling Gap than there are now, and one photo shows ramblers crossing a muddy scar across the landscape – soon to become the A27 Polegate bypass.

The people in the older photos would be over 100 now. I wonder if the *Polegate Ramblers* of 2089 will look back fondly at our memories on the Facebook page, and marvel at the similarities and differences of now and then.

Please note that our next monthly Saturday morning walk will be on March 22nd. Contact Lindsey at [polegateramblers@gmail.com](mailto:polegateramblers@gmail.com) to book on to this or enquire about our regular Thursday walks. Details of all our walks are on our website [www.polegateramblers.org.uk](http://www.polegateramblers.org.uk)

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# Join Care UK's nationwide 'Big Dementia Conversation'

Did you know that more than 944,000 people in the UK live with Dementia, yet 94% of people think it's common to mistake the early signs of dementia as normal ageing\*?

Despite our increased knowledge of dementia in recent years, 71% of people feel there is little awareness around the differences between typical signs of ageing compared with symptoms of dementia.

What's more, 46% of people still think that the risk of developing dementia cannot be reduced\*.

### Let's get talking

'The Big Dementia Conversation' online advice hub is all about sharing knowledge and real-life experiences to support those who are looking after someone living with dementia.

Often dementia is associated with memory, but it can present differently for many and recognising the early signs is important. Not only can an early

diagnosis help you to understand and adjust to the changes your loved one is experiencing, getting the right support in place can help your loved one to live well and can even slow down the progression of dementia.

**Our online advice hub** also looks at how you can support someone living with dementia and how just a few small tweaks can make a difference.

### We're here for you

If you're caring for a loved one with dementia and need a little extra support, **why not contact our dedicated advice helpline?**

Our friendly support team and dementia specialists will be on hand to provide much-needed advice and support to you and your loved one.

Visit our online advice hub to find out more by scanning the QR code.



If you're considering care, call your local care home Bowes House on **01323 306131** or visit **careuk.com/bowes-house**

### Did you know?

13% of people surveyed thought that 'People living with dementia can't lead a meaningful life'.

63% of people said 'Forgetting things they've just done or been told' was one of the first symptoms they noticed, and 59% said this was one of the fastest developing symptoms, yet 57% of these people also put this down to old age initially\*.

\*According to a survey of 2,000 UK adults, conducted by OnePoll between 12th August and 21st August 2024.



# 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.

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.

## Get ready for Spring!

“We service and repair mobility aids and offer free collection and delivery. If you’ve not used your powered mobility aid over Winter it’s a good idea to have it serviced. Mobility Scooter and Powerchair servicing from just £60.

“We also sell insurance and can deal with any claims on your behalf.

“Come and pay us a visit.”

**01323 301101**  
[www.activedaysmobility.co.uk](http://www.activedaysmobility.co.uk)



# Workplace wellbeing lessons from Winston Churchill

**WEDNESDAY, 26th March. 2pm until 5pm at Hillbrow Health and Wellbeing, 1 Denton Road, Eastbourne BN20 7SR.**

By **Peter Lindsey**

**In today’s fast-paced world, businesses face increasing challenges with recruitment, retention, and productivity.**

Prioritising the health and wellbeing of your workforce is no longer a luxury – it’s essential to building a thriving, resilient team.

Join at *Hillbrow Health and Wellbeing* for a compelling lecture by Dr Nick Harvey, designed to inspire fresh thinking about workplace wellbeing through the fascinating lens of Winston Churchill’s life and leadership.

Churchill faced immense pressures while navigating some of history’s most turbulent times, yet his resilience and approaches to self-care offer valuable lessons for modern workplaces.

Dr Harvey will unpack how Churchill’s strategies can be applied

to foster a healthier, more balanced workforce – supporting better retention, higher productivity, and stronger team morale.

This talk isn’t just about theory; it’s about actionable insights. Attendees will leave with practical strategies to improve not only their own health and wellbeing but also to support their colleagues, creating a workplace culture where everyone can thrive.

Don’t miss this opportunity to discover how Churchill’s wisdom can help your business tackle today’s challenges with confidence and compassion. Join us for an engaging session that promises to leave you inspired and empowered.

This event is free to everyone but you must pre-register.

<https://l.ead.me/Hillbrow-Winston>





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Young EODS: Bugsy Malone  
Saturday 15 & Sunday 16 March



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# Creative Workshops at the Enterprise Shopping Centre

**CREATE, 'learn something new, take something home created by you', returns to the Enterprise Shopping Centre on Saturday 22nd March.**

By **Emily Sander**

**If you want to learn a new craft with expert tuition from some talented artists and craftspeople, then we have some great workshops lined up!**

Workshops include, Silver Ring Making, Embroidery Art, Sashiko and Boro Stitching, Glass Fusing, Needle Felting, Polymer Clay, Flower Dying Silk, Weaving a Fantasy Figure, Lampshade Making, Basket Weaving, and an Introduction to working with Water-based Media.

Karen Clarke, of independent Fabric and Haberdashery store, *Coker and Clarke*, will be bringing

her popular lampshade making workshop to the event.

Karen says, "Join *Coker and Clarke* for a hands-on experience at the *CREATE* event on March 22nd, where creativity shines bright! We're beyond excited to be part of such an inspiring event and can't wait to share our love for crafting and design with you.

"Our lampshade-making workshop invites you to make a unique piece that will light up your home and spark your imagination. Whether you're a beginner or a seasoned crafter, it's the perfect opportunity to explore your artistic side and take home a

personalised creation. Don't miss out on this illuminating experience!"

Textile Artist Marilyn Willis will be returning to the *Enterprise* with her wonderful workshop, inspired by the Japanese tradition of recycling and reworking pre-existing textiles.

Marilyn says, "I'm looking forward to returning this year to 'Create'. My Sashiko and Boro workshop will include a brief history of the Japanese Art of mending garments with lots of visuals and samples, to inspire this meditative practise of slow stitching. I will demonstrate the basic stitch and how to add patches. This can be used as a decorative technique or for mending worn clothes."

So, whether you want to learn how to weave a miniature basket using upcycled ghost fishing rope or dye a silk scarf using colour extracted from flowers and plants, make sure you include *CREATE* in your plans for March!

To find out more and book your spot, visit: [www.facebook.com/SussexCraftandDesignFair](https://www.facebook.com/SussexCraftandDesignFair) or [www.enterprise-centre.org/events](http://www.enterprise-centre.org/events)

Please note, most of the workshops take place on the upper floor of the *Enterprise Centre* and access is currently via the stairs only. However, the Polymer Clay and Painting workshops will be held on the ground floor.



**Enterprise Shopping Centre  
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[www.enterprise-centre.org](http://www.enterprise-centre.org)**

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# 9th Eastbourne International Film Festival: Igniting Bold and Global Cinema

**THE Eastbourne International Film Festival is more than just a showcase of great cinema—it is a grassroots movement dedicated to fostering bold, thought-provoking storytelling.**

By **Domenico Della Valle**

**From the ground up, we are building a creative space where filmmakers, audiences, and changemakers come together to challenge perspectives and inspire action.**

Our mission is to put Eastbourne on the map as a dynamic hub for global cinema, where fearless voices and groundbreaking stories can thrive. We are aiming high, reaching beyond our own boundaries to connect with international talent, spark vital conversations, and establish Eastbourne as a must-attend destination on the world’s film festival circuit.

As we approach our 10th anniversary next year, we need the people of Eastbourne to step up and help us achieve the full potential of this festival. Together, we can make Eastbourne not only a place where great films are celebrated but a beacon of creative innovation and cultural exchange for years to come.

As in previous editions, the festival fully involves students from *East Sussex College Group* providing them with hands-on opportunities to develop filmmaking skills through special workshops and mentoring sessions. By engaging young people across Eastbourne and beyond, we are nurturing the next generation of storytellers, ensuring that creativity and cinematic excellence continue to flourish in our community.

The 9th *Eastbourne International Film Festival* will take place from **26th to 30th March 2024** at the **Cavendish Hotel**, bringing together filmmakers and audiences from around the world for a week of inspiring cinema, discussions, and networking opportunities.

To kick off this year’s festival in style, we invite you to our Pre-Launch Party on **Friday, 15th March** at **The Belgian Café** from 7:00pm.



This will be a fantastic opportunity to connect with fellow film lovers, meet some of the creative minds behind the festival, and celebrate the power of storytelling.

**Tickets and festival passes are now on sale on *Eventbrite*—don’t miss your chance to be part of this incredible celebration of cinema.”**



Domenico Della Valle – Founder/Associate Director of the Eastbourne International Film Festival.

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Background image: John Glover.

# Green and pleasant

**MARCH is officially the beginning of spring but it can still be very cold at times, so keep an eye on the weather forecast and wait to do jobs if conditions aren't quite right. The clocks also go forward on the 30th, so the lengthening daylight hours will help plants to really get growing and give you more time outdoors. Spring bulbs start to take centre stage in the borders and in patio pots, rewarding your efforts for planting them last autumn.**

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By **Geoff Stonebanks**

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**If you are in to growing vegetables, now is the time to get seeds started in the greenhouse, and you can sow hardy seeds straight outdoors into their final positions. It's also time to kickstart your flower displays. Start sowing flower seeds undercover to enjoy colourful displays come summer.**

## National Garden Scheme

This month, here are three wonderful gardens you can visit through the scheme. The first, *Bates Green Garden* in Tye Hill Road, Arlington, opens on Sunday 9th March from 10:30am until 3:30pm with entry £7 and children £3.50. This plants woman's tranquil garden provides interest through the

seasons with a woodland garden created around a majestic oak tree. The courtyard gardens have seasonal container displays and the front garden is a spring joy with narcissi, primroses and violets. Walk through a wild daffodil glade leading to the 24-acre ancient oak wood, home of the *Arlington Bluebell Walk* too. Pictured in the header, cyclamen at *Bates Green*, taken by John Glover.

Next, a gorgeous *National Trust* garden, *Nymans* in Staplefield Road, Handcross, which will open on Saturday 15th March from 10am to 5pm with entry £19 and children £9.50. This is one of the *National Trust's* premier gardens with rare and unusual plant collections of national significance. At this time of year appreciate blossom, bulbs and a stunning collection of subtly fragranced magnolias.

The third plot is *Limekin Farm* in Chalvington Road, Chalvington, near Hailsham, which will open at the end of the month across the weekend of the 29th and 30th March, from 2pm to 5pm with entry £8. The garden was designed in the 1930s and it has not changed in basic layout since then. The planting aims to reflect the age of the 17th century and original garden design. Flint walls enclose the main lawn, herbaceous borders and rose garden and there is a nepeta lined courtyard, informal pond and specimen trees including a very ancient oak. See many spring flowers and tree blossom too.

## Bulbs take centre stage!

This is the month when any spring bulbs we planted last autumn really take centre stage in our gardens. I suppose the main ones we all like to plant and grow are tulips, daffodils, crocus and hyacinths. I have quite a few of each at *Driftwood* in containers and many planted directly in the ground too. The great advantage of having them planted in a container means you can move the pot and place that fabulous splash of colour anywhere in the garden to maximum effect! Then, as the flowers die back, move the pot back to a less eye-catching spot.

Alternatively, if you adopt the lasagne method of bulb planting, which involves planting layers of bulbs in pots, just like making lasagne, the result is a pot crammed with wave after wave of spring flowers, giving you colour right through spring. To achieve this, place the latest-flowering bulbs at the bottom of the pot, with layers of earlier-flowering bulbs above them.

## Mother's Day 2025

This year the day the clocks go back and Mother's Day both fall on the same day, Sunday 30th March. In the UK and across the world the favoured gift for Mothers always seems to be a bouquet of flowers or a pot plant. We're told that the pink carnation specifically represents a mother's love, but white, which symbolizes pure or unconditional love and good luck, is another good choice. As a bonus, carnations are one of the longer lasting cut flowers that you can buy, which means your gift will last. It's all down to personal choice, my mother is not a lover of carnations and I tend to buy her favourite which are freesias. It seems the top five chosen for Mum each year are tulips, roses, peonies, carnations and orchids. Take your pick and buy what you think your Mum will enjoy.

## Four gardening jobs for March

Plant tender summer-flowering bulbs, including gladioli for a great show in the summer. Now is a good time for pruning roses too. Support your garden plants or climbers now, so they can grow up through them, making them less obvious. If you are planning on moving deciduous trees or shrubs, now is the time to do this task, provided the soil isn't frozen or waterlogged.

Read more of Geoff's garden at: [www.driftwoodbysea.co.uk](http://www.driftwoodbysea.co.uk)

---

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



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