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04/25

Issue 058
April 2025

Pages 33-40



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**Our next edition will be
 distributed from May 1st.
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So many positives around town...

I WANTED to start this month with a huge shout-out for Mina O'Brien, who is making *Eastbourne Carnival 2025* happen.

By **Peter Lindsey**

As well as running the hugely respected social media business Ditzzy Media, she is doing a cracking job to lead the running of this year's Carnival.

Full details are on the opposite page – but I thought it was important to acknowledge the wonderful job Mina and her Carnival team are doing.

It's a huge community event, and one we are lucky to have in town.

It was fascinating meeting Neil Kirby again recently. He's the man who owns the *Langham Hotel* on Eastbourne seafront.

It's a very popular four-star hotel, representing the very best of Eastbourne.

He has just written his second book *Do not disturb*, which tells the story of 20 years owning the *Langham*.

Neil tell some wonderful stories but his number one priority is the customer. 'Customer is God,' he reminded me.

He also said how important it is to remember the names of guests who return for a second, third or even fourth time.

And, for Neil, Sunday carveries are very special to him when customers see the meat being plated in front of them.

It's that time of year when Eastbourne is beginning to open us to tourists.

The Dotto Train is back, well it was from April 5th.

And we are delighted this month to feature some of the reopening, including the *Eastbourne Miniature Steam Railway*. *Sharnfold Farm* at Stone Cross, you will have already seen on our front page.

It's good to report that *East Sussex College* has been rated Good across all areas. That's no mean feat from Rebecca and her team.

Good is hard to achieve these days, while Outstanding is definitely more difficult to achieve than it was in the past.

So for *Cavendish School* to be rated Outstanding is a truly wonderful achievement. Congratulations to Peter and everyone at *Cavendish*, the Outstanding rating sends a very positive message to the Cavendish community, and indeed the wider community as well.

So much positive news around town – enjoy your April!

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Preparations hot up for this years' Eastbourne Carnival as we get ready to Celebrate the World!

EASTBOURNE Carnival is now less than two months so preparations are hotting up for this years big parade!

By **Harry Farmer**

Over 50 local organisations, bands and community groups have already signed up to take part – so this could be our biggest parade in recent years!

Carnival Organisers have this year successfully been awarded funding from the *Arts Council England* and from *Chalk Cliff Trust*, alongside continued support from *Lightning Fibre*.

This means – more workshops than ever before to support local bands and community groups get ready for Carnival.

Rob Reaks, chief commercial officer at *Lighting Fibre*, commented, "We're happy to provide funding for these workshops, and this marks our fourth consecutive year as a major sponsor of the carnival. It's great to see how it's grown over the years into arguably one of the best carnivals in the country."

The first workshops took place in March and covered prop making, carnival masterclass and sewing.

The Lightning Fibre Eastbourne Carnival Creative workshops

These are coming up in April and May include:

- **8th April:** Carnival Masterclasses with Ray Mahabir of *Sunshine International Arts* at *Towner Gallery*.
- **26th April:** Dance and Performance with Emma M at *Eastbourne Blind Society*.
- **3rd & 4th May:** Costume Workshops with *Cotton Candy* at *Gather, The Beacon*.
- **10th May:** Prop Making with *Devonshire Collective*, at *DC Learn Seaside*.

And, there is the opportunity to request an outreach workshop for groups that cannot make the workshops. Contact

the Carnival organisers by email or the contact form on the website.

There's still time to get involved!

Entrants have until 9th May to sign up.

We need volunteers to Marshal or do Bucket Collections on the day.

Find out more on our website:
www.eastbourncarnival.com

Special mention to our Platinum sponsors: *Lightning Fibre, Seahaven FM, Media Attention, The Best of Eastbourne, The View Hotel*



Pictured L - R: Adam & Anne from Eastbourne Bonfire Society, Mina O'Brien, Chair of Eastbourne Carnival, Peter & Lore from Dortmund Karneval, Josh Babarinde OBE, Cllr Candy Vaughan – Mayor of Eastbourne, Rob from Lightning Fibre, Gina of DC Learn and Steve from The Chaseley Trust.

www.eastbourncarnival.com

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Easter Half Term adventure at Sharnfold Farm



THIS Easter, *Sharnfold Farm* is inviting families to step into a world of adventure, imagination, and outdoor fun with the introduction of a brand new area Hollow Hideout.

By **Louise Page**

With a host of exciting activities and plenty of space to explore, *Sharnfold Farm* is the ultimate destination for an unforgettable half-term break!

Brand new for 2025, **Hollow Hideout** is where young adventurers

can unleash their imaginations. Cross the stepping stones and climb into this treehouse retreat, where the possibilities for adventure are endless—whether it's setting sail on a pirate mission, tracking wildlife, or embarking on a daring expedition.

In addition to these exciting new areas, *Sharnfold Farm* is packed with family-friendly activities to keep children entertained throughout the

Easter holidays, including:

- **Enchanted Enclosure** — A themed play area perfect for little adventurers.
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- **Adventure Playground** — Let off steam with climbing frames, swings, and slides.
- **Farm Trail** — Stroll through the beautiful countryside and discover nature along the way.

Located in the stunning East Sussex countryside, just outside Eastbourne, *Sharnfold Farm* offers the perfect setting for a full day of fun.

Pre-Book & Save!

Don't miss out on the Easter excitement! Book your tickets in advance to take advantage of special discounts.

For more details and to secure your tickets visit: <https://thefamilyparksgroup.co.uk/locations/sharnfold-farm>

Follow us on Facebook & Instagram: [@sharnfoldfarm](https://www.facebook.com/sharnfoldfarm)

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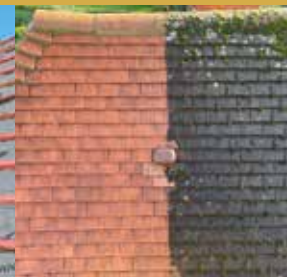
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By **Nick Price**

Over 20 scheduled services are operated each week in the local area. Private hires can also be driven.

Our summer timetable will include the following:

- A new **Service 24** running every Tuesday and Thursday between Eastbourne and *Drusillas Zoo Park*. This means that *Drusillas* will be served four days each week with **Service 25** calling on Saturdays and **Service 26** on Sundays.

Service 39 operates every Friday, Saturday and Sunday from the *Towner Gallery*, and now also from Gildredge Road to Alfriston, *Charleston House* Firle and Charleston Lewes. This service is partly funded by the *Charleston Trust*.

- **Service 47** (the Rambler) is an hourly circular service starting at *Berwick Station* and calling at *Drusillas*, Alfriston, Seaford, then returning to Berwick via *Seven Sisters Country Park*, Litlington and Wilmington. A single ticket on this service can allow passengers to hop on and hop off at the various tourist attractions and pubs on the route.



Alfriston.

The new timetable is now published where times and further details can be seen either in print or at www.cuckmerebuses.org.uk

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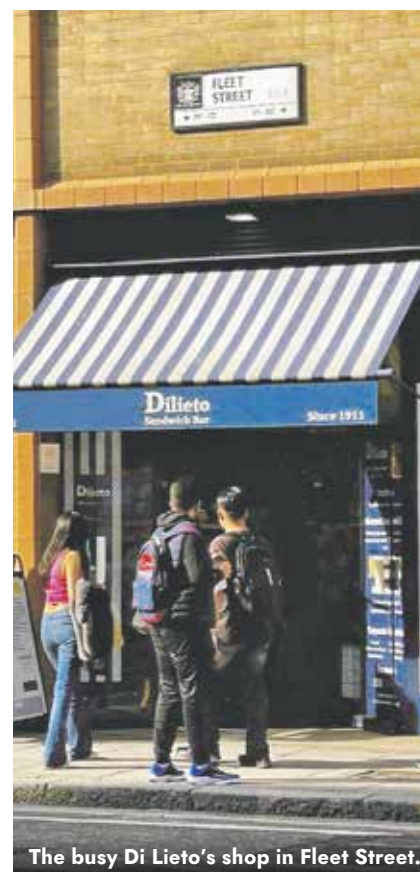
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The busy Di Lieto's shop in Fleet Street.

Silver Anniversary for popular Waterfront coffee lounge

IT is not often these day's that we get the opportunity to report on a successful local hospitality business that has been in the town for over 25 years, however, this year marks the Silver Anniversary of *Di Lieto's Coffee Lounge* based at *The Waterfront* at *Sovereign Harbour*!

By **Gail McKay**

The Italian family name of Di Lieto has a long and proud history of serving great food and drink in London and, at the turn of the millennium, Mr Bruno Di Lieto decided that Eastbourne, would make an ideal re-location site and that *Sovereign Harbour* would be the perfect place to raise his young family away from the hurly-burley of London.

The Waterfront

The ambitious Tarmac/Carillion harbour development of *The Waterfront* seemed to have great

potential for visitors and locals as it offered lovely waterside views, free-parking and access to seaside walks and beaches – all it really needed was a superb coffee lounge offering a relaxing place to enjoy lovely coffee and some old-fashioned family hospitality – inside or out – rain or shine!

The family agreed and the rest is history

On the 26th March 2000, after an extensive and expensive fit-out and lots of sleepless nights, *Di Lieto's Coffee Lounge* finally opened the

doors and welcomed their very first customers. Staffed mainly with family and friends, the new coffee lounge quickly established a reputation for quality coffee, quick and delicious eat-in and take-away food, superb ice-creams and of course, great customer care with just a hint of Italian flair!

From strength-to-strength

Since those early days in 2000 a great deal has happened at *The Waterfront* and many businesses have come and gone, even including the long-term landlords *Carillion*, however, with the attention to detail and the experience that comes from years 'behind the counter, chatting to customers' Bruno and his fabulous staff have

steered the business from strength-to-strength and *Di Lieto's* is now one of the main-stays of the hospitality businesses at the harbour community.

Now, here we are in 2025 and to celebrate the milestone of their silver anniversary, *Di Lieto's* has produced a brand-new silver menu and there will be opportunities for all customers to join the family and staff in the anniversary celebrations.

Finally, Bruno would like to say 'thank-you' to his staff, his family and friends and to all of the *Di Lieto's* customers, old and new, for making the past 25 years a real labour of love ...

“

Always a welcome for the next 25 years.



01323 470990
dilietos@btopenworld.com

Lightning Fibre – at the heart of the community



LIGHTNING Fibre held a Full Fibre / Tech Drop-in for the local community at Old Town Library.

By **Peter Lindsey**

It was the opportunity to find out more about the "UK's digital upgrade" to full fibre, so that the old copper wire can be retired from service.

Full Fibre is a new, fast and reliable broadband technology, and also supports a low cost "virtual landline" that will replace copper landlines in due course.

Always feel free to call or pop into the *Lightning Fibre* Eastbourne Shop, Monday – Friday 9am – 5pm. Enterprise Centre, First Floor, Station Parade, Eastbourne BN21 1BD.

Eastbourne Carnival Creative workshops

Lightning Fibre has sponsored the *Eastbourne Carnival* for four years and this year, along with the *Arts Council England*, has funded special workshops for carnival entrants.

These free events will take place in the run up to the carnival procession on 25th May.

The first workshop was at *DC Learn Devonshire Collective*.



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All change for local growers

NEW research reveals how local growers are adapting to a changing climate.

By **Sarah O'Flaherty**

Carried out by the Eastbourne Eco Action Network (EEAN) and supported by the Blue Heart Community Fund, the survey received responses from 60 local growers across East Sussex.

Insects have won the battle

The findings show that many have experienced significant weather changes over the past five years.

78% reported more intense rainfall, with others noting stronger winds, fewer cold snaps, and an increase in pests. One grower remarked that "the insects have won the battle this year," linking the rise in pests to the lack of frost.

In response, growers are innovating. Some are experimenting with crops that wouldn't have survived locally in the past, while others are investing in rainwater storage, switching to drought-tolerant plants, or trying out new cultivation methods.



Drought resistant plants

One participant shared, "I took up my concrete front garden and replaced it with membrane, gravel and drought-resistant plants like lavender."

Encouragingly, the research also highlights a strong appetite for collaboration. Many growers expressed interest in sharing knowledge, exploring sustainable methods, and improving local food security.

Support

EEAN and Blue Heart will continue supporting local growers through workshops, research, and funding opportunities.

Scan the QR code to read the full report or visit:

<https://www.blueheart.org.uk/new-survey-reveals-how-local-growers-are-adapting-to-climate-change>

25 years at The Waterfront ...



Di Lieto's Coffee Lounge is proud to announce that 2025 marks the Silver Anniversary of the opening of the business at Sovereign Harbour.

The family-run coffee lounge prides itself on a long history in the hospitality sector and continues to offer customers, old and new, an excellent choice of coffee, a wide-ranging and varied food menu, wonderful ice-creams and helpful, friendly service.

With amazing views over the harbour there has never been a better time to experience the Di Lieto's 'always welcome' motto and help celebrate 25 years with staff and family.

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Parkland infants win Music In-Bloom 2025

PUPILS from *Parkland Junior, Parkland Infant, Heron Park Academy, Willington and Polegate* schools presented their carpet garden designs at the 'Music In-Bloom' finals at *Eastbourne Town Hall*.

By **Tim Sorensen**

This annual In-Bloom event, now celebrating 31 years, was organised by *Eastbourne Education Business Partnership* and kindly sponsored by *idverde* on behalf of *Eastbourne Borough Council*.

The schools were tasked with producing three themed carpet garden designs and some supporting curriculum work for judging.

The competition theme celebrates the 25th anniversary broadcast of *Eastbourne Youth Radio* in November and musical performance.

The competition also provided lots of ideas for learning and creativity in the classroom and wider community. The finals coincided with the start of *British Science Week*.

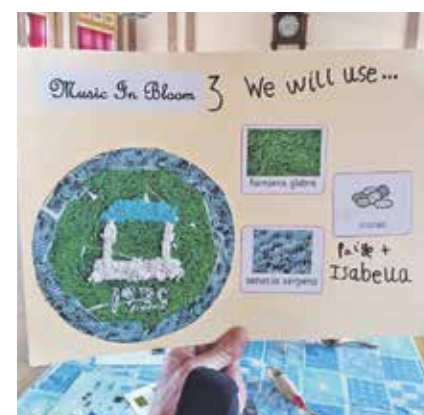
idverde, who are the UK and Europe's leading provider of grounds maintenance services and landscape creation projects, are very proud to sponsor the *Music In-Bloom* competition.

Tim Sorensen, Programme Manager for *Eastbourne EBP*, said: "We are very grateful for the opportunity to contribute another carpet garden design for the seafront. The children's designs and their enthusiasm during judging made for a great final."

Representatives from *idverde*, *UpCountry Stone Cross*, *Visit Eastbourne* and *Eastbourne EBP* helped the mayor with judging.

Prizes were kindly provided by *UpCountry* and certificates created by *Firebrand Design*. Celebration cakes

for the tea and presentations afterwards were also courtesy of *idverde*.



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By **Tim Sorensen**

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

The show is the largest employability, skills and jobs 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.

The Show is organised by *Eastbourne Education Business Partnership*, a registered charity, in association with *Eastbourne Borough Council*. 75+ organisations will be providing interactive exhibits and guidance aimed at inspiring tomorrow’s workforce.

Visitors will receive a comprehensive 32pp show guide to help them make the most of their visit. Schools were provided with suggested lesson plans to help prepare their students. It is recognised that parents and carers play a significant role and influence in a young person’s choice of future career and are welcome to attend throughout the day.

Exhibitors will be looking for new talent and explaining what qualifications they require and what training and apprenticeships they offer in the work place. Colleges, universities and other training providers will be on hand to promote their offer and where it fits with an employer’s requirements and what they are seeking from students who apply.

A wide range of employment sectors and individual organisations will be represented at the show again this year as listed opposite with more expected to confirm. The organisers are grateful for sponsorship from *Eastbourne Borough Council, East Sussex Healthcare NHS Trust, Bexhill 6th Form College, Edwards Vacuum, Construction Industry Training Board, East Sussex College and Recruitment South East* plus support from *Wave Active, CloudConnX, CCLI, Posturite* and *Soren Learning Solutions*.

A dedicated job-seekers area, staffed by *Recruitment South East*, will be promoting current job and training opportunities on behalf of the show exhibitors for those seeking a more immediate choice. Support will be available to help job-seekers with CV’s and their social media coverage plus sign-posting to appropriate stands.

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

**hello@bigfuturesshow.org.uk
07890 388624**

EXHIBITORS – Confirmed as of 25-3-25

- | | |
|--|--|
| Balfour Beatty | JTL |
| Bee Waine Designs & Landscape | Landscape Institute |
| Bexhill 6th Form College | Marie-Louise Tibbles Photography |
| Brighter Horizons Training | Marine Society & Sea Cadets |
| BN1 Arts | Mayo Wynne Baxter LLP |
| Boutique Modern | Mears Group |
| British Army | Mini First Aid Sussex |
| British Gypsum – SGIS | National Federation of Roofing Contractors |
| Care for the Carers | Nat West |
| Cheesmur Building Constructors | OHM Energy Ltd |
| Chestnut Tree House | Partners 4 Training |
| CITB – Construction Industry Training Board | Plastic Free Eastbourne |
| CITB Taster Area | Plastipack |
| Clarke Roofing Southern | Plumpton College |
| Cleankill | PRG Marketing & Communication |
| Concordia | Recruitment South East |
| Custard Ltd | Roadways |
| CXK Youth Employability Service | Royal Air Force |
| Department for Work & Pensions/ Jobcentre Plus | Royal Navy |
| DFN Project SEARCH | SCTP, Apprenticeships in Sussex & ASK |
| Ditzy Media | Seaford Head School Sixth Form |
| Dominic Hill Chartered Accountants | Southern Water |
| Drainline Southern Ltd | Sovereign Commercial Installations |
| DV8 Sussex 16-18 Creative College | Stagecoach South East |
| Eastbourne & District Samaritans | Sussex Police |
| Eastbourne Borough Council | thebestof Eastbourne |
| East Sussex College | The Girls Network |
| East Sussex Healthcare NHS Trust | The Observatory Science Centre |
| East Sussex Library & Information Service | The People Matter Trust |
| Edwards Vacuum | The View Hotel Eastbourne |
| General Dynamics UK Limited | Travelosophers by Gareth Harding |
| Grafters Recruitment Consultants | University Hospitals Sussex NHS Foundation Trust |
| Hawes Construction Group | University of Brighton |
| Heathfield Community College | University of Chichester |
| Holding Space | University of Sussex |
| HMD Sealless Pumps | Vacgen |
| idverde | Water Bear The College of Music |
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| Job Seekers Corner | Willow Tree Financial Services |
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Sign up for the Lighthouse Challenge

IT’S almost that time of year again – the *Rotary Club of Eastbourne AM’s Lighthouse Challenge* fundraising walk.

By **Peter Lindsey**

And this year it’s much earlier in the year – the date is Sunday May 25th at 3pm.

Here’s Martin Wellings, one of the organisers: “For those who have not completed the Challenge before, it essentially involves a marshalled walk to and around the *Beachy Head Lighthouse*.

“We ask for a modest entry fee which is donated to local charities.

“This is only possible on certain days of the year and has proved very popular, with usually in excess of 1,000 walkers taking part, each receiving a commemorative certificate at the end.”

The arrival point is at the kiosk at the foot of the Downs by Bedes school in Eastbourne. On arrival, participants proceed up the lane

for approximately half a mile to Whitbread Hollow where you will find the check-in desks.

Once checked-in, you set off across the Downs to Cow Gap (approx. 15 minutes), down the steps to the beach and over the rocks, boulders, sand and slippery seaweed to the lighthouse (average 60 minutes).

To take part, you need to be reasonably fit for a mixture of walking and clambering. Some of the rocks

around the lighthouse are quite large and, due to seaweed, parts of the route can also be very slippery – the going gets more difficult the nearer to the lighthouse you get!

There is an entry fee of £10 for adults and £5 for under 16s. Profits made go to local charities while part of the funds raised are set aside towards the next re-paint of the lighthouse.

To book, please visit: www.eastbourneam.org



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ESCG is rated 'good' by Ofsted

***EAST Sussex College* has been a great supporter of *Bournefree* since we launched more than four years ago.**

By **Peter Lindsey**

So we are delighted to report that the College has been rated as "good" in all areas by Ofsted.

That's no mean achievement for an organisation which has campuses in Eastbourne, Hastings, Lewes, and Newhaven.

It was given the highest possible sub-judgement for skills as "strong," highlighting its impact on local communities.

Rebecca Conroy, CEO and principal at East Sussex College, has overseen a massive turnaround at the college.

She said: "We're delighted with our latest Ofsted report, which demonstrates that we are a good and strong college across all areas.

"This recognition is a testament to the commitment of our valued colleagues and students.

"The report highlights how our high standards inspire students and apprentices to realise their potential, and we're proud to see these strengths acknowledged.

"It also recognises our strong contribution to meeting skills needs, reinforcing our role in preparing

students for successful careers and supporting industry needs within our communities.

"This report further reflects our growth and ambitions as we move into the 2025/26 academic year, positioning us as a top provider of further education for years to come."

You can view the full report on the Ofsted website.

<https://reports.ofsted.gov.uk/provider/31/130665>



Fig & Feta

A FRESH dining experience launching in Eastbourne!

By **Harry Farmer**

Exciting things are happening in Gildredge Park! Fig & Feta Bistro at The Tennis Cafe officially opens its doors on Friday, 28th March, bringing a brand-new five-course tasting menu to Eastbourne every Friday and Saturday night.

Head Chef Nic Oarton, who has worked in some of Eastbourne's finest restaurants, including *Cru Wine Bar* and *The Mirabelle* at *The Grand*, is passionate about creating bold Mediterranean flavours with seasonal, locally sourced ingredients.

His approach is all about balance—pairing vibrant, fresh flavours with rich, satisfying textures to create a truly special dining experience.

"This is a menu that evolves every week, giving people something fresh, exciting, and different. It's all about showcasing the best ingredients in a relaxed, welcoming space," says Nic. "I want every dish to tell a story and transport guests to the heart of the Mediterranean."

The Tennis cafe founders, Francis and Gemma, are thrilled to launch



this new dining experience, which they see as the next step in their vision for the venue.

"*Fig & Feta* is about more than just great food—it's about creating a warm, inviting space where people can come together, enjoy incredible flavours, and make lasting memories. We can't wait to welcome everyone for our opening night on the 28th!" says Gemma.

Book now at www.figandfetabistro.com



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You Raise Me Up trustee and founder returns

AFTER some time away, I am delighted to return to *You Raise Me Up* as a trustee, and it means so much to reconnect with you all.

By **Fraser Brooks**

As one of the charity’s founders, I truly understand the challenges of this journey, and I want to reassure you that our support remains unwavering.

We have some exciting updates to share, including a new counsellor joining our team, the return of our support group meetings, and a number of special events planned for throughout the year.

If you have previously had counselling or attended one of our



YRMU General Manager, Simon Cosham, receives cheque from Groombridge WI.

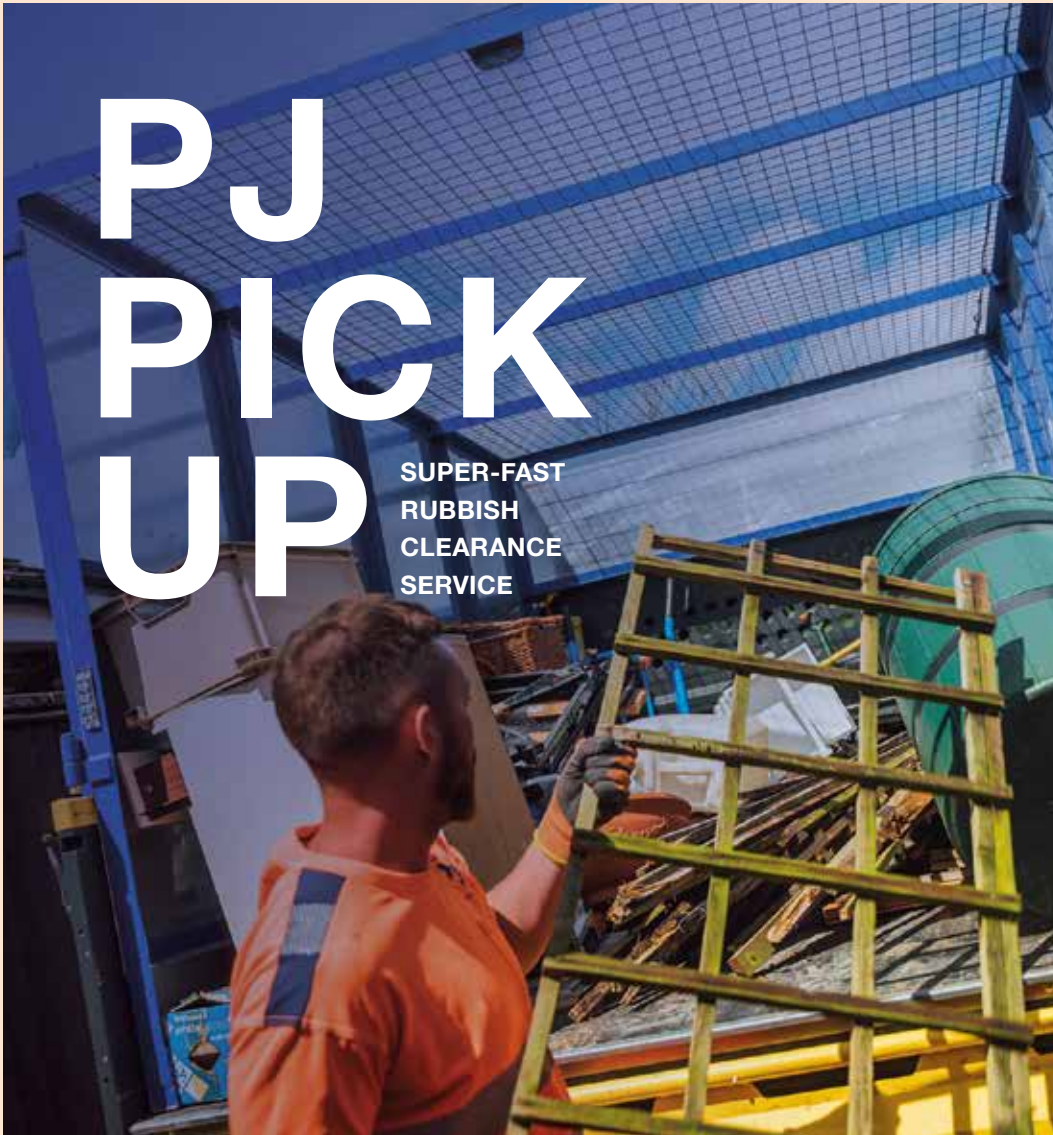
support groups and feel that you would benefit from joining us again, please don’t hesitate to reach out to us via our website at www.youraisemeup.co.uk

I look forward to seeing you soon, and as always, please remember that we are here for you whenever you need us.

Groombridge WI very kindly created their own ‘calendar girls’ calendar and sold them via their

local Post Office raising an amazing £5,574.87 which will go towards our counselling sessions.

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. Grief is a lonely journey; finding others with that shared experience to support each other is vital. We provide compassion and support to our families. We fund counselling and support groups for our families.



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Lana Bright and Rick Bonner.

Rick's VE Day anniversary show

IT promises to be a very special evening – a VE Day 80th anniversary show on Monday May 5th at *Sovereign Harbour Community Centre*.

By **Peter Lindsey**

Eastbourne singer Rick Bonner is staging the event to raise funds for medical supplies in Ukraine.

He said: "It's a great chance to wear vintage clothes and let's recreate the 1940s.

"Victory in Europe Day is the day celebrating the formal acceptance by the allies of World War II of Germany's unconditional surrender of its armed forces on Tuesday, 8th May 1945.

"It marked the official end of World War II in Europe in the Eastern Front, with the last known shots fired on 11th May.

"I served as a soldier in the *Royal Corps of Signals*, so I know how seriously those soldiers would have been about serving their Queen and country."

Rick is hosting the evening with the fabulous 'Sounds of Swing' playing a selection of Glen Miller melodies and more.

Ukraine sensation Lana Bright will perform 'At Last' and there will also be a Cockney Sing-a-Long.

Words will also be supplied for everyone to take part in 'The World's Greatest Cockney Sing-a-Long EVER' with songs like 'Maybe it's Because I'm a Londoner' and 'Lambeth Walk.'

Entrance is free with a voluntary payment of £5. It's a fundraiser so funds will also be raised from the raffle.

Door open at 6:30pm and the show starts at 7:00pm.

**Sovereign Harbour Community Centre
 Easter Island Place,
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Let's play bowls at Motcombe Gardens BC

HAVE you ever thought of playing lawn bowls?

By **Graham Barnard**

If so, we would love to hear from you. Why not banish those winter blues and look forward to summer days playing this enjoyable and very sociable sport, also a great way to keep fit and healthy too!

We are a small but friendly club situated in the picturesque surroundings of *Motcombe Gardens*, in the historic old part of Eastbourne, with free on street parking in the surrounding area.

Our Greens are beautifully maintained and in our club house we hold several

events for members throughout the year, alongside the usual match teas during the summer season.

Taster day

We would like to take this opportunity to invite and extend a warm welcome to all beginners and experienced bowlers alike, to come and join us at our lovely club. In addition to our usual pre season coffee morning, on the 12th of April, we are holding a special taster day for beginners on Saturday the 3rd of May from 10:00am to 3:00pm. Refreshments will be provided.



Photo: Paul Holman.



Introductory offer

So why not take this opportunity to come and meet us and try your hand at bowling, in a relaxed and informal way. Tuition will be available and bowls will be provided, flat shoes will be needed to be worn on the green. As an introductory special offer to all beginners who would



like to join us, we are offering a substantially reduced membership for this coming year.

If you are interested and would like more information, please contact our secretary, Malcolm Fuller, on **07745 017686** or see our website motcombegardensbowlsclub.org.uk

Chris takes on 25-mile challenge for RNLI

EASTBOURNE Music Fest brings together the best local cover bands for epic live music events.

By **Peter Lindsey**

But on April 18th, its owner and manager Chris Eyre is taking on a different challenge with a new event called 25 for 25.

Chris will be undertaking a 25-mile kayak paddle from Beachy Head to Cooden Beach and back, all in aid of *Eastbourne RNLI*.

He said: "*Eastbourne Music Fest* is a local company all about live music, but more importantly, we're passionate about our local community and the incredible charities that make a difference.

"That's why we are proud to be launching *25 for 25*, and our fundraising target is £1,000.

"The *RNLI* crew really are the definition of unsung heroes. These men and women volunteer their time and risk their lives at a moment's notice to help people in need.

"As the saying goes, "Not all heroes wear capes," and in our opinion, anyone that does what these volunteers do deserves to be called a hero.

"Please help us raise vital funds for *Eastbourne's RNLI* and support this amazing charity."

Chris will be broadcasting on *Facebook* live during the event to



promote the importance of water safety whilst out on our coast line.

To donate, please go to: www.JustGiving.com and search for **Chris Eyre**

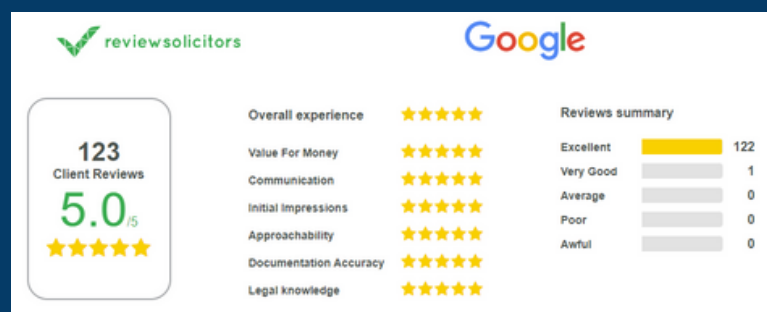
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Jamie Oliver's hot cross buns

Have a pukka Easter with these brilliant buns.

By **Harriet Smallholder**

METHOD

1. Add the milk and 50ml water to a small pan and place over a low heat for a few minutes.
2. Add the butter to a separate pan and place over a low heat for a few minutes, or until melted, then set aside.
3. Transfer the warmed milk mixture to a medium bowl and stir in the yeast.
4. Sift the flour into a large bowl, then add 1 teaspoon of sea salt, the spices, a few good scrapings of nutmeg and the sugar. Finely chop the stem ginger and stir it into the mix.
5. Make a well in the centre and pour in the melted butter, followed by the yeast mixture. In a separate bowl, beat the egg and add it to the bowl.
6. Using a fork, mix well until you have a rough dough, then transfer to a clean flour dusted work surface and knead for around 10 minutes, or until soft and springy.
7. Return the dough to a flour-dusted bowl, cover with a damp tea towel and leave to prove in a warm place for at least an hour, or until doubled in size.
8. Transfer the dough to a clean flour dusted work surface. Knock the air out by bashing it with your fist, then sprinkle over the dried fruit and mixed peel and knead into the dough.
9. Preheat the oven to 190°C, then grease and line a large baking tray.

10. Divide the dough into 12 equal pieces and roll each into a ball, evenly spacing them out on the tray as you go. Cover with the tea towel and leave in a warm place for a further 30 minutes, or until doubled in size.
11. Place the plain flour and 2 tablespoons of water into a small bowl and mix to a thick paste. Pat down the risen buns then use the batter to trace a cross over the top with a piping bag or spoon.
12. Place the buns into the preheated oven for 15-20mins, or until golden brown. Transfer to a wire cooling rack, brush over a little honey to glaze, then leave to cool.



INGREDIENTS:

Serves 12

- 200ml semi-skimmed milk
- 55g unsalted butter
- 14g dried yeast
- 455g strong bread flour, plus extra for dusting
- 1 teaspoon mixed spice
- 1 teaspoon cinnamon
- 1 whole nutmeg, for grating
- 55g caster sugar
- 2 balls of stem ginger
- 1 large free-range egg
- 2 tablespoons plain flour
- 55g sultanas or raisins
- 30g dried cranberries
- 2 tablespoons mixed peel
- Runny honey



Your Eastbourne Business Improvement District:

Faces of Victoria Place

We're shining a spotlight on the fantastic array of business that thrive in Victoria Place. More importantly, we'll be introducing you to the people and faces behind the businesses. This month, we'd like you to meet:

Skeeter and James from Victoria Butchers

Victoria Butchers is a family business specialising in high quality, local produce. They work closely with local farmers to source and butcher the finest quality pork, beef and lamb.

Morgan from To the Rise

To The Rise was founded in 2020 by three sisters. They use organic flour and fresh, local ingredients for their sourdough bread and baked goods.

Madison and Summer from Drop of The Ocean

Sisters Madison and Summer sell handmade gifts, sterling silver and sea glass jewellery, crochet toys and baby products, artworks, wax melts and more from their ocean-inspired shop.

Mark from DMZ

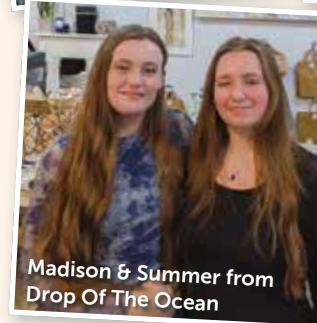
DMZ is an American vintage and military vintage clothing shop. They recently relocated to Victoria Place from Hereford. DMZ has everything from old US navy flight jackets, military parkas and rare camouflages to vintage Levis, and Hawaiian shirts actually from Hawaii!

They're all waiting to welcome you down at Victoria Place.

Victoria Place — located at the seafront end of Terminus Road — is undergoing a transformation. Thanks to the UK Government's Levelling Up Fund, a much-anticipated, multi-million-pound investment will create a vibrant public space for locals and visitors to enjoy.

In the meantime, you can find dozens of independent businesses at Victoria Place.

For them, it's business as usual, so pay them a visit!



Loving Local: Business Highlights

Cove

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At Cove, we believe your home should feel as good as it looks. Our thoughtfully curated collection of home décor, furnishings, and lifestyle essentials is designed to bring warmth, comfort, and effortless style into every space. With a focus on natural materials, timeless design, and quality craftsmanship, Cove helps you create a home that's uniquely yours.

Whether you're refreshing a single room or transforming your entire space, our collection blends modern elegance with inviting simplicity. From soft textiles to artful accents, every piece is carefully chosen to complement your lifestyle and inspire everyday living.

As we celebrate two and a half years of bringing beautifully designed pieces to our community, we invite you to explore our latest collections. Shop online at covecompany.com, follow us on instagram [@covecoastalliving](https://www.instagram.com/covecoastalliving) or visit in-store at the Enterprise Shopping Centre and discover how Cove can help you craft a home that truly reflects you.

Live simply, live beautifully, live Cove.



Loving Local: Business Highlights

Eastbourne Cocktail Club

Eastbourne Cocktail Club and The Bear Club are kicking off spring with something different....and this event is set to be huge!!

On Saturday 5th April Eastbourne's newest and liveliest event planner, Shifty Events, is taking over with After Hours: A House Event that is sure to be a sell out!! Elliot Crawford will be on the decks, bringing proper house energy and vibes until the early hours! The bars will be transformed to bring you an atmosphere that matches the music....creating a unique night in a unique venue!

The event is ticket only so make sure you grab yours now while you still can.



18+ only. ID will be required.



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.



Friends of Eastbourne Hospital April events

JOIN the Friends at a Supporters lunch at the glorious *Hydro Hotel*.

By **Gail McKay**

Terry Henson is the guest speaker and will giving a talk entitled 'Beyond the Canvas: A short journey through Twentieth-Century British art'.

Enjoy a superb three-course lunch, plus coffee.

Fundraiser, taking place Thursday 3rd April from 12pm, for 12:30pm

Come and support the *Friends of Eastbourne Hospital*, while enjoying all of the above, and you'll also have the option to scoop a fantastic raffle prizes too.

Tickets are £30
Further details, plus menu options, can be seen at:
<https://www.friendsdgh.org.uk/events/members-lunch-2>

Booking is essential, call *The Friends Office* to reserve your place on **01323 749503** or email esh-tr.friendsdgh@nhs.net



Free talk given by the Major Project Team. *The Sussex Surgical Centre: From Vision to Delivery* Wednesday 30th April

The *Friends of Eastbourne Hospital's* major project for 2025 is to raise £250k to complete a £1 million pound donation to the new building at the DGH, the *Sussex Surgical Centre*.

The *Sussex Surgical Centre* will house a state of the art day surgery unit with four operating theatres, and a new endoscopy unit on the upper floor which will make the DGH the biggest provider of this service in East Sussex.

This will increase capacity for bowel cancer screening, picking up this type of cancer earlier. The equipment being bought is top of the range, supporting laparoscopic surgery in different specialties, a new microscope for ENT with the latest advanced technology, electric theatre trolleys, and a comprehensive patient information system.

Free to attend, please book on www.friendsdgh.org.uk

Parking is free and there is disabled access.

Wednesday 30th April, 19:00 – 20:00
Lecture Theatre, Education Suite, Eastbourne DGH



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Eastbourne Sightseeing tours are back

The perfect day out for locals and visitors alike, Eastbourne Sightseeing offers uninterrupted views of Eastbourne, the South Coast and the renowned South Downs National Park.

The 15-stop tour features popular spots including the Lifeboat Museum, Italian Gardens, the Belle Tout Lighthouse, Beachy Head, Birling Gap, East Dean, and the town centre.

Tour-goers can explore and admire show-stopping locations at their own pace during the hop-on, hop-off tour experience, operating up to every 30 minutes, 7 days a week until Sunday 2nd November 2025.

There's something on board for everyone this season. Sightseers can listen to audio commentary throughout the tour, while families with younger explorers can

enjoy the brand-new Eastbourne Sightseeing Kids activity pack.

For ages 5 - 11, the exclusive pack includes a whole host of fun sightseeing themed activities - perfect for taking the classroom outside this Easter!

Eastbourne Sightseeing offers concessionary tickets for students and seniors for £10.00 and family tickets for £28.00. Adult tickets are £12.00, and under 16s can board Eastbourne Sightseeing for just £6.00.

No pre-booking is required for the hop-on, hop-off service, and contactless payments are accepted on Eastbourne Sighting. All tickets are valid for 24 hours.

Tickets can also be pre-purchased via the Brighton & Hove Buses mobile app, where sightseers can



track buses live along the route. South Coast explorers can also enjoy an Eastbourne Sightseeing experience included in a 2-day City Sightseeing Brighton ticket.

For more information, including the Eastbourne Sightseeing bus route map and timetables, visit buses.co.uk/ess or download the Brighton & Hove Buses app.

Introducing: The Lighthouse Gallery

Nestled on Cornfield Terrace, just a stones' throw from the hustle and bustle of Terminus Road, The Lighthouse Gallery is a tranquil spot where you can watch the world go by, surrounded by artistic treasures as you sip your coffee.

The Gallery represents 25 local artists and makers and is filled with paintings and unique handmade gifts. When we say filled, we mean filled. The shop is packed full of one-of-a-kind items of jewellery, gifts and artworks.

The Lighthouse Gallery also serves Coffee, sandwiches, homemade soups, and a selection of delicious



cakes, all lovingly made in-house.

With Easter and Mother's Day approaching, the Lighthouse Gallery is the perfect place to find gifts for someone special in your



life – or to take them out for coffee and cake.

The Lighthouse gallery is open Tuesday – Saturday at 19 Cornfield Terrace, Eastbourne BN21 4NS



New Members for March

Kerry Knight Holistic Well-Being • Qualisea Fish Restaurant • Forward Plumbing Services • Kell Studio South East • Let it Shine Nails and Spa • Holistic Health • Intrepid Productions • Vamonos Creatibe • JTP Accountancy & Tax Services • Ownership Transference • Eastbourne Bonfire Society • Coda Pharmacy • The Accountant's Best Friend • GA Fabrications •

Considering selling your B2B business - or buying another one? If so, read on...

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I merged many, sold several and closed 3. The 200 businesses I didn't buy had one thing in common. I can help you avoid following in their footsteps.

Unlike many professional advisors, at Pastures New, we've worked at the coalface. We have the expertise to help you understand the risks and avoid common pitfalls when selling your business.

Over 75% of advertised businesses don't sell.

Selling a business comes with risks, including misleading valuations, unsettling your customers, and leaving staff feel abandoned. Publicising the sale may alert competitors seeking to poach your clients and can make lenders uneasy. Buyers will scrutinise your staff and customer base, potentially harming your reputation and creating unforeseen challenges.

Sell your business with confidence. Avoid high advisory costs and talk to us first.

We offer:

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latest; we are retained by a client looking to acquire a b2b opportunity onto which new income streams will be added. An introducer's fee (payable on completion) of £10,000 is offered. Ideally breaking even, the business must be a manufacturing or associated enterprise. Desired t/o £2-£5m.

Enjoy the great outdoors and raise money for Children with Cancer Fund

Chamber member Children with Cancer Fund works hard year-round to provide support to over 150 families across East Sussex, Brighton and Hove who are affected by the devastating impact of childhood cancer. With the arrival of spring, Children with Cancer Fund are holding two events that give you the opportunity to enjoy nature and help them raise funds for their important work.

ARLINGTON BLUEBELL WALK

Come along and support Children with Cancer Fund while enjoying a

relaxing stroll around the beautiful bluebells and stunning scenery. The trail is wheelchair friendly, and cakes, bakes and refreshments will be on sale throughout the day. **For more information, visit www.bluebellwalk.co.uk**

RUN TO RUN

The charity is holding their annual fun run event "Run to Run" on Saturday 31st May. The event is open to anyone, from keen walkers to people who just fancy a stroll along the Cuckoo Trail in aid of a good cause. The fun run features various distances including a mini mile for families and little ones, a

5k and a 10k run. Tickets start from £5 and there will be medals for all completers.

See image opposite for details on how to sign up.



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.

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Running to remember 'my dear friend Helen'

THE Eastbourne parkrun takes place every Saturday morning at 9am at Shinewater Park.

By **Gail McKay**

For Deborah Pawley, the run on 22nd March was a very special – and indeed poignant – one.

It was her 200th run, and was in memory of her dear friend Helen Kitching.

Deborah said: "Helen was an incredible woman. She was so full of energy – whether it was teaching her beloved subject, Psychology; using her boundless creativity to paint, draw, sew and craft; or just sharing her joyful abundance with her friends and family.

"She was a wife, a mother, and a grandmother. She was one of my best friends. And she died of metastatic breast cancer on February 1st.

"Although my heart is broken, my world is a better place because she was my friend."

The run on 22nd March was in honour of Helen, and to raise some money for St Wilfrid's Hospice who provided incredible end of life care.

Deborah brought collection boxes down to Shinewater Park, where parkrun is held, and invited people to come back to the café at the hospice afterwards for a drink and some cake.

About £200 was raised on the day.

If you would like to donate please visit: www.stwhospice.org/donate



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Glasshouse – taste the future

SITTING in the new seafront restaurant waiting on our drinks, my mouth is watering. I've seen a spectacular tower of oysters, and shellfish arrive at a neighbouring table!

By **Gail McKay**

The drinks arrive and my daughter has the Mango Chilli Margarita. A hint of sweetness, with compliments of spicy chilli and lime to cut through it all.

A great start to Spring. I enjoyed an elegant, crisp Gavi. I must say the wine list is expertly curated, and sensibly priced.

For the greedy, like us, there's bread before the starters, warm, fresh and soft, with butter and olive oil!

I could have ordered all the starters, but settled on fried artichokes, which were crispy and light, matched perfectly with the fresh vegan lemon aioli. My daughter had the utterly moreish Halloumi in honey, black sesame and oregano.

Onto the mains, I had the I had the monkfish chicken broth with rice



noodles and julienne vegetables. It was topped with a boiled egg, and generous about of coriander which delighted me. My daughter had the roasted aubergine tagine with flatbread. A delicious choice for vegetarians.

We love our town, and we love it when people create wonderful spaces. The architecture is described as fresh and modern, with a focus on simplicity and elegance. It's more than that. It's a glamorous venue that Eastbourne deserves. A destination restaurant like this attracts visitors and pleases the locals.



Sitting outside now the weather has turned will be a complete joy. A view to compete with the French Riviera!

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The Spring wardrobe

ON average we wear 15% of our clothes 85% of the time.

By **Gail McKay**

Putting an outfit together should be quick, easy and something you enjoy. The start of Spring is a great time to assess your clothing and turn your wardrobe into a place of inspiration.

So what can you do?

1. Evaluate your wardrobe.

Schedule a wardrobe review date, choose a day when you know you will have some peace and grab a notebook, and find a full-length mirror. Make it fun with good music and tea or wine.

2. Look at colour first. Focus on your favourite colours, the ones that people tell you, you look WOW in, especially near your face where they have the greatest impact.

Recycle anything that makes you look or feel drab when you hold it up against you.

3. Then look at STYLE. Look at the cuts, hemlines, necklines, scale, texture, etc that you have received the most compliments in. Keep those

items and again recycle anything that hangs awkwardly, or does not fit. Having things that do not fit is one of the most common wardrobe mistakes.

4. Organise things by colour.

Neutrals together, followed by basic colours, Green, yellow and blue, followed by the rest.

5. Is there enough colour? A wardrobe full of neutral may be safe, but it won't necessarily make you feel energised and good about yourself.

6. Start a list of what needs to be replaced or purchased. Focus first on wardrobe workhorses — those foundation pieces in neutral colours for your season.

You deserve to start your day with confidence, clarity, JOY and even creativity. Have fun!

Donna Lane — House of Colour Eastbourne.

www.houseofcolour.co.uk/donnalane



Donna Lane (left) with clients.

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50

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Image: Peter Goldsmith.



The stunning Bluebell Walk and gardens open for 2025

APRIL sees the return of the *Arlington Bluebell Walk and Farm Trail* – and this year incredibly will be for the 52nd year.

By **Peter Lindsey**

It is open daily from April 4th until May 8th at *Bates Green Farm*, Tye Hill Road, Arlington, Polegate, BN26 6SH, and 26 charities will be raising money by taking over the running of the food and drink operation.

The amount raised by charities passed the £1 million last year, and for owner John McCutchan that was an important milestone.

Earlier opening

John said: "This year we will be opening a week earlier than we did in 2024, and we look forward to welcoming as many people as possible again this year.

"I do say this every year, but we are weather dependant. Let's hope for five dry weeks, although I know that's probably not going to happen.

Marvellous support

"We are delighted to welcome two new charities – *Children's Respite Trust* and *Chestnut Tree House* children's hospice – and none of this would be possible without the support of our marvellous local charities. I would like to thank each and every one of them."

The Bluebell Walk is a delightful circular walk through the bluebell wood. There is the chance to enjoy the five farm trails, watch the Pygmy Goats and their kids, Kerry Hill Sheep, and their lambs.

You can view the 2024 winning images of the annual Photographic competition, visit the plant stall run in aid of *Arlington Village Church*, the *Book Room* run by *Driving for the Disabled*, and the *Sundries Stall* run by *Hailsham Old Pavilion Society*.

Each year John and his team try to make changes to make the visitor experience even more enjoyable. For 2025, there is a new efficient and improved system to serve the hot food and drinks. There is also a new Farm Walks map with new improved signage.

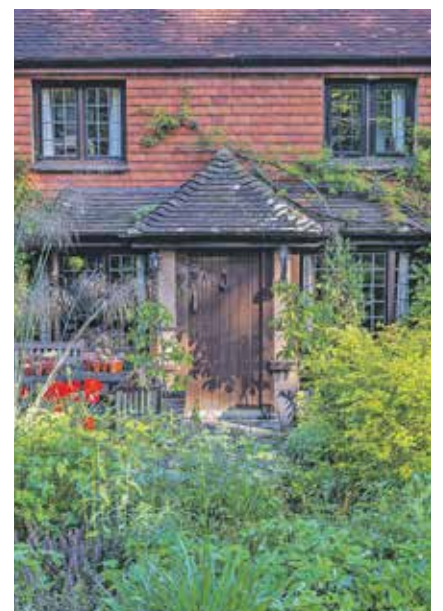
John said: "It is such a privilege to host this five-week event. I did think back in February that the cold weather was holding back the bluebells but the weather has improved since then, so I'm hopeful they will appear shortly.

"Every Tuesday and Friday, I report on how nature is dealing with the bluebells by updating the home page of www.bluebellwalk.co.uk

"Please come and visit, you will be assured of a warm welcome and I am sure a very enjoyable time."

There are 18 mobility scooters available free of charge and the walk is suitable for wheelchairs. During the *Bluebell Walk*, *Bates Green Garden* on the site is also open every day.

For more information, go to www.bluebellwalk.co.uk and www.batesgreengarden.co.uk



Moving into Polegate

THE owners of *Stevens and Carter* in Hailsham have recently acquired *Archer & Partners* in Polegate.

By **Gail McKay**

Sam Beale, one of the partners, tells *Bournefree* how well everything is going.

"We're really pleased we've expanded into Polegate. The business community is really supportive, and it's a great high street. We get a discount at the *Withers* the hardware shop, and *Cherry Tree Eatery* is handy for lunch and lovely cakes."

Latest technology

They have invested heavily in the latest technology to market their properties. "We offer virtual tours, professional photography, and elevated and drone photography as standard."

It's obviously working, listings are up, sales are up, and the business continues to grow.

Additionally, the company utilises retargeting—an advanced digital marketing tool that re-engages potential buyers who have shown

interest in their listings. Social media has also played a pivotal role in their success, particularly through *Instagram*.

Community

"We keep ourselves engaged with our community, we support *Children with Cancer Fund*, *Children's Respite Trust* and *Polegate Drama Group*. We're also *Gold Sponsors* of the *St Thomas A Becket Catholic Junior School*."

They are already the number one estate agent in Hailsham. With a strong foundation, a commitment to innovation, and a passion for community, *Archer & Partners* is poised for the same in Polegate.

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📅 Date: Tuesday, 15th April 2025

🕒 Time: 10:00 - 13:00 (Turn up any time!)

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✅ Help keep our community clean

✅ Fun & rewarding for all ages

📞 Contact: volunteer@polegate.towncouncil.gov.uk | 01323 488114

Let's make Polegate cleaner and greener together! ♡ ♻️





parking available for local shoppers next to Polegate train station. The shop is just a short three-minute walk from the station and bus stops, so it is also easy to get to for those traveling by public transport.

More than just a shop

For customers who prefer online shopping, *In Perspective's* website offers a comprehensive selection of products available for delivery or in-store pickup. However, Jo and Ray believe that coming into a shop, finding what you want and interacting with real people is still very much part of the shopping experience, so come and see them soon at *In Perspective*!

In Perspective Hobby Shop & Picture Framing

In Perspective
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BN26 6AG

www.inperspectiveart.co.uk
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01323 483600

DISCOVER a unique destination for artists, crafters and model makers in Polegate, Eastbourne and beyond.

By **Harry Farmer**

The family-run *In Perspective Hobby Shop* has an extensive range of art supplies, craft materials and model kits plus a bespoke picture framing service, allowing customers to showcase their artwork, photographs and memorabilia with personalised frames crafted on-site.

Comprehensive product range

Catering to a diverse clientele, *In Perspective* provides a full spectrum of art materials, including paints from renowned brands like *Winsor & Newton*, as well as papers, brushes, easels and so much more. Craft enthusiasts can explore the many supplies for card making, jewellery creation, candle making, glass painting and clay modelling, plus a varied range of kits suitable for all ages. Model builders will find an array of kits from brands such as

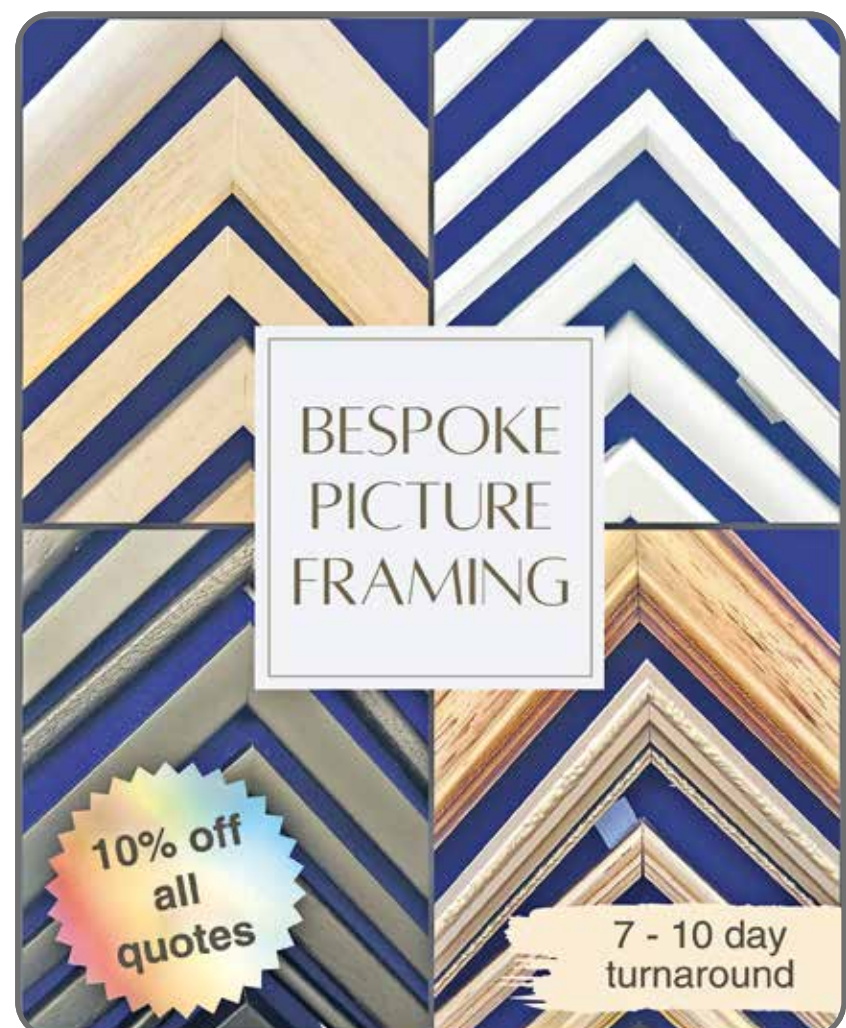
Airfix and *Revell*, alongside essential tools, paints and scenic supplies. *Warhammer* fans will also discover a wide range of *Games Workshop* miniatures and *Citadel* paints.

Bespoke picture framing services

A distinctive feature of *In Perspective Hobby Shop* is its bespoke picture framing service. With over a decade of experience, the shop offers custom-made frames for artwork, posters, photographs and needlework. Customers can choose from a wide selection of mountboard colours and frame mouldings. All framing work is conducted on-site, with most projects completed within 7 to 10 days. Visitors are welcome to come in for a free, no-obligation quote and consultation.

Where to find *In Perspective*

Conveniently located near both the A27 and A22, *In Perspective Hobby Shop* is easily accessible by car, with up to 2.5 hours free



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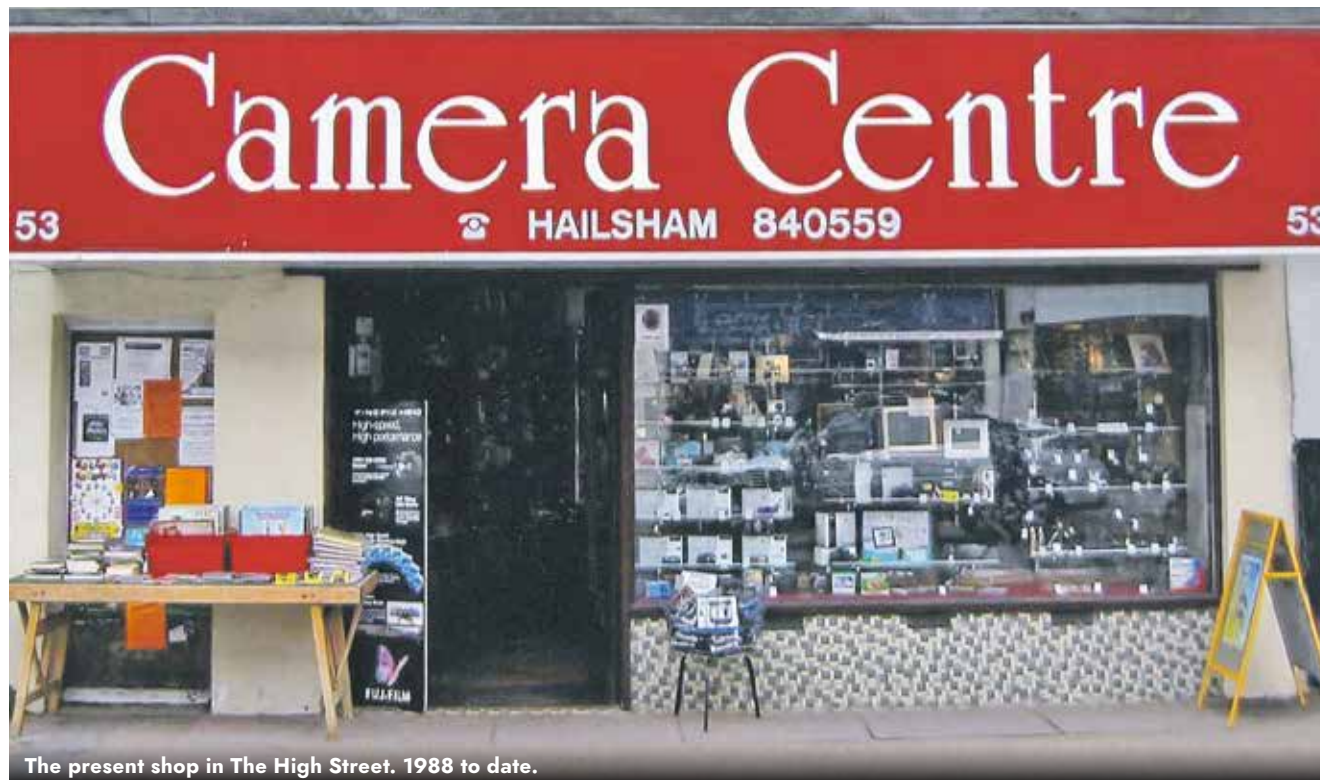
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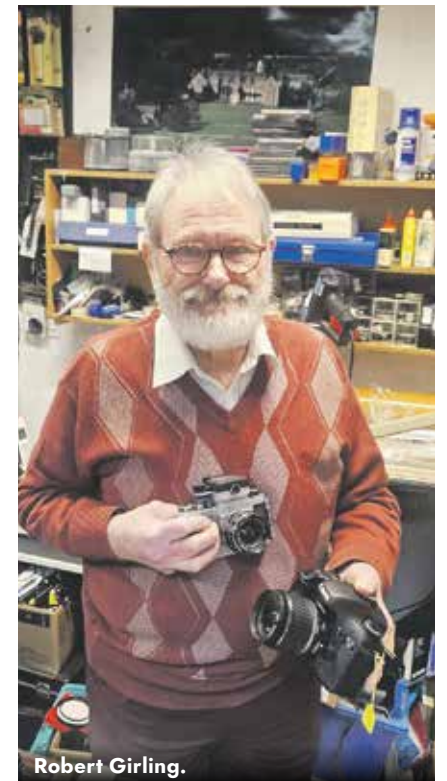
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The present shop in The High Street. 1988 to date.



Robert Girling.

58 years – and still fighting fit

ROBERT Girling, now 75, is one amazing man.

By **Peter Lindsey**

He has worked at The Camera Centre in Hailsham Town Centre for a staggering 58 years.

Now, his shop at 53 High Street has closed its doors for the last time – but Robert isn't retiring – far from it. He is still available for work and selling online.

In the beginning

Robert says: "It all began when I started at the *Vicarage Field* shop in 1967. There were three shops in

what is now *Boots*, and we were one of them.

Moving home

"In 1972 we moved into the High Street at number 61 then in 1988 we moved into what has been our home ever since.

"I managed the shop from 1967 to 1977 and then took it on myself.

"Hailsham remains a pretty busy High Street, but I have had to accept

that people's shopping habits are changing, and especially when it comes to cameras.

All change

"Photography has changed now that we are in a more modern world and Covid probably finished it all off for me as customers got used to online shopping.

"I can recall the days when we used to have 30 customers come in a day wanting a passport photo or something similar. That had dropped off to three or four.

"People don't want cameras any more as they use their phones. Of course it is sad but I am still working and

this presents a new challenge for me. In many ways, I will probably be working harder than ever."

If you still want to use Robert's services, simply email him at robert@camcentre.co.uk

This is what he will still do for customers:

- He is selling second hand and collectable items online.
- Copying camcorder tapes and cine films to DVD.

He will still be using the shop window to display items for sale and son James will be sorting out computer problems (not *Apple*).



The first shop in Vicarage Field now incorporated into the Boots shop. 1967 to 1972.



The second shop at 61 High Street. 1972 to 1988.

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How Hailsham Active can help

AS well as knowing the club and wanting to assist, we have developed some really good contacts and knowledge.

By **Steve Wennington**

Hailsham Active are able to fund (with help/sponsorship from Lightning Fibre) a grants specialist.

The grants specialist, Annette Buswell, is also a director of Hailsham Active and gives a great deal of her own time, free of charge, to many of our projects.

As an example, the lighting at Western Road recreation ground cost just over £60,000. Through Annettes skills, we were able to fund £50,000

of the project with Hailsham Town Council providing most of the balance through its CIL funds.

Even greater sums of money were found for Horam (try their new 'agriflex' footpath, runners love it, but so do mums and dads teaching their children to cycle, skate and scoot!).

So with Annette as a key part of the project team, we are working out what can be done in terms of what the community really needs (not just the sports club).

The project is well under way with the design stage almost complete and

we are now looking at how we can implement the changes during the next few years.

What is so pleasing is it shows quite clearly when everyone is onboard, we can create a wonderful facility form many years to come and probably with sports we hadn't even thought of.

There is a similar approach at Herstmonceux, where again, crucially, the Parish Council is actively engaged with the sports clubs and local community. Indeed opportunities exist to incorporate the local primary school with a path around the recreation ground linking directly to the school.



Lighting at Western Road recreation ground.



Horam 'agriflex' footpath.

When I meet up with the sports clubs and parish councils, the sense of community is overwhelmingly positive and it is something we try to demonstrate to Wealden District Council. With a positive attitude, they could release a goldmine of talent across the area (not just Hailsham).



Hailsham Active is Proudly Supported by



Lightning Fibre



HYS thanks local community for support

HAILSHAM Youth Service, which is celebrating its 25th anniversary this year, is grateful to the local community for its support in recent years by way of sponsorship and donations.

By **Terry Hall**

The Service, which continues to benefit young people by providing them with access to a wide range of opportunities and activities, is funded by the Town Council, but donations or sponsorship are always welcome to enable organisers to pay for additional projects, activities and equipment.

Private funding

Operating alongside the Town Council as a Community Interest Company (CIC), the Service can accept private sector funding.

Recent donations from residents, local businesses and community groups have gone towards the purchase of pool tables, a piano, synthesisers as well as costs associated with arts, crafts and cookery sessions for young people.

The Mayor of Hailsham Cllr Paul Holbrook is delighted to hear about the Service's recent funding support and equipment donations received, "For 25 years, HYS has improved the quality of life for local young people in the town and surrounding villages."

Youth Service Manager, Andy Joyes added: "By sponsoring the Friday Night Project for example, businesses can help reduce antisocial behaviour in our community."

Activities

Current sponsorship opportunities at Hailsham Youth Service include the Friday Night Project. Such activities have included outdoor activities, dry-slope skiing, ski lessons, pottery-glazing, inflatable assault courses, trampolining, ten-pin bowling and sports activities.

For information regarding sponsorship and donations, please contact Hailsham Youth Service by calling **01323 841702** or emailing **info@hailsham-tc.gov.uk**

Visit the Service's website for details of services and activities.
www.hailshamyouthservice.org



Hailsham internet station moves to new platform

THE Hailsham-based internet station *Radio Illumini* has migrated to a new platform – *Mixcloud*.

By **Sharon Davis**

This means listeners will now have the convenience of accessing their favourite shows anytime, anywhere.

Radio Illumini founder Martina Mercer said: "We are thrilled to make this transition and can't wait for listeners to experience the flexibility and ease that *Mixcloud* offers.

"Whether they're tuning in from home, on the go, or halfway across the

globe, *Radio Illumini* will always be just a click away."

Among Martina's credentials is a merit diploma in Radio Journalism, and her expertise and experience has been invaluable to successfully running the station.

She said: "We want to extend our thanks to everyone for their support, loyalty and love throughout our journey so far.

"The enthusiasm and feedback have been invaluable in making *Radio Illumini* a vibrant and cherished community.

"Join us on *Mixcloud* and continue to enjoy the best music, shows and content.

"Together let's make this new chapter even more remarkable."

One of the station's future plans is to promote a live show featuring *The*



Martina Mercer.

Amy Winehouse Experience and the *Legends Tributes On Tour*.



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Katie's Rainbow Run

NASH Street Farm near Hailsham will see an array of colours shooting through the air at the *St Wilfrid's Hospice Rainbow Run fundraiser* on Saturday June 7th.

By **Jenny Griffiths**

The five-kilometre course has seven paint stations and two foam stations – with a big paint party at the end. Participants can choose to walk, dance, skip or stroll along the route.

Katie Glen is taking part in memory of her husband, Ash, who was supported by *St Wilfrid's* to die at home.

Ash was diagnosed with bowel cancer aged just 37 and died less than a year later, leaving behind Katie and their two young children, Maisie and Grayson.

"The *St Wilfrid's* team made sure Ash was comfortable, helping with personal care and administering medication," Katie said.



Katie and her children will be taking part in memory of husband and dad Ash.

"They organised a hospital bed for our home and were always there for us; even after Ash had passed away, they checked on me. *St Wilfrid's* is the team that nobody ever wants to have, but we're lucky to have.

"That's why I've signed up for *Rainbow Run* with friends and family, some of whom are currently being supported by the hospice. I want to help *St Wilfrid's* because it's an amazing place and I'm so grateful for everything they did for us."

Thanks go to *Whiteline Manufacturing* and *Team Frames* who have kindly sponsored the event.

For more information, visit: <https://events.stwhospice.org/event/rainbow-run/home>
email: fundraising@stwhospice.org
or call: **01323 434241**.

Excitement builds for 2025 season

WITH the 2025 cricket season fast approaching and winter making way for brighter days, excitement is building at *Hellingly Cricket Club*. Players and supporters alike are gearing up for what promises to be another thrilling season.

By **Jarred O'Toole**

Preseason preparations are well underway, with players from both the 1st XI and 2nd XI taking part in weekly indoor net sessions at *Eastbourne College*. These sessions have been a great way to get back into form, work on individual skills, and build team camaraderie—plenty of banter included!

The focus has been on getting bodies moving again after the off-season while setting personal and team goals for the months ahead.

Invaluable support

We're thrilled to have our two fantastic main sponsors, *Gun Brewery* and *S B Plumbing and*



Heating, back on board for the new season! Their continued support is invaluable to our club.

If you're interested in sponsoring and supporting *Hellingly CC*, we'd love to hear from you. Get in touch to learn more about how you can get involved!

A true community

Hellingly Cricket Club is more than just a team—it's a true community. With the support of dedicated volunteers, passionate local fans, and as mentioned, our generous sponsors. Based at *Hellingly Recreation Ground* in Horsebridge, the club hosts matches most

Saturdays from 1 PM, and cricket lovers can even catch an *Over 60s Sussex* fixture midweek.

The season kicks off on April 26th, with the *2nd XI* playing their first warm-up match at home against *Pevensey CC 2nd XI*, while the *1st XI* travels to *Pevensey* home ground to take on their *1st XI*.

For full fixture details, visit [PlayCricket.com](https://www.playcricket.com), and don't forget to follow us on social media for weekly updates, match reports, and behind-the-scenes action.

Here's to a fantastic season ahead—see you at the Rec!

Thorndale

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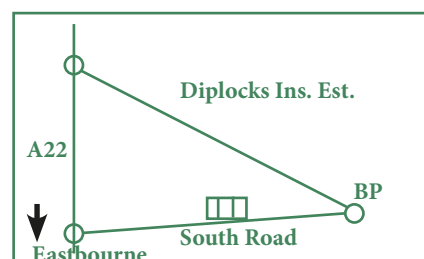
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By **Andrew Albon BSc (Hons) MRCPod.**

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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-embolisation 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

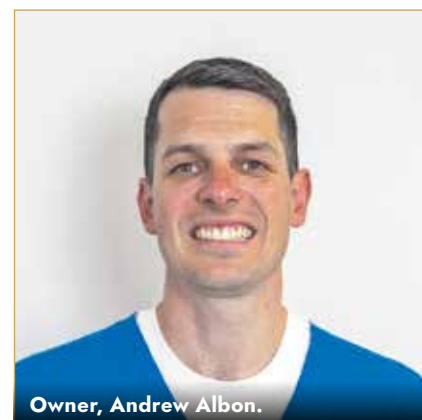
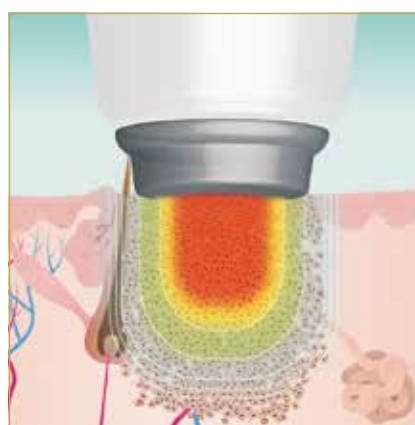
Verrucas are often confused with corns or calluses, but they tend to interrupt the natural lines of the skin and may cause discomfort when squeezed from the sides. In our clinic we have an advanced Dermatoscope which will indicate if it's a Verrucae or not.

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-embolisation 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.



Owner, Andrew Albon.

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
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Finding balance in fitness

FOR many people, the idea of getting fit feels daunting. The fitness industry often promotes extreme workouts, strict diets, and the idea that more is always better. But the truth is, fitness should fit into your life – not take it over.

By **Hallum Cousins**

As we age, staying active becomes even more important. Muscle loss, joint stiffness, and reduced mobility can make everyday tasks harder, leading to discomfort or even injury.

Many people assume these changes are just part of getting older, but movement can be one of the best ways to maintain strength, independence, and overall wellbeing.

Sustainable and enjoyable

At *Gain Strength Therapy*, we see people every day who just want to feel better. Some are recovering from injuries, others are looking to boost their energy levels, and many simply want to keep doing the things they love – whether that's gardening, playing with grandchildren, or staying active at work. The challenge isn't a lack of motivation, it's finding a way to move that feels sustainable and enjoyable.

Exercise doesn't have to mean punishing routines or hours in the gym. A simple, well-balanced approach can improve mobility, reduce stiffness, and keep you feeling strong as you age. Our goal is to create a space where people feel comfortable working at their own pace—because fitness isn't about pushing limits, it's about making life better.

If traditional gyms have felt intimidating or unsustainable in the past, know that it doesn't have to be that way. Fitness is for everyone, at every stage of life.

We are offering a new *Strength and Energy Programme For Adults 40+*.

Get stronger, move better & feel more energetic in just 6-weeks.

Are you ready to transform your fitness routine and achieve real results?

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New therapies

We are excited to announce that our new infrared sauna and cold dip will be opening soon. Keep an eye on our website at:

www.gainstrengththerapy.com



Best Test Based Nutrition

OMEGA imbalance typically refers to an imbalance between the two main types of omega fatty acids: omega-3 fatty acids and omega-6 fatty acids.

By **Steve Fry**

Both are essential polyunsaturated fats that the body needs for various physiological functions, but they must be consumed in a balanced ratio to support optimal health.

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A grey matter

NEW research suggests up to 40% of dementia cases could be avoided, so what can you do to protect your brain?

By **Harriet Smallholder**

There is an epidemic of loneliness in our modern age, but it is vital to seek contact with other humans... we are social animals after all.

Whether it's a weekly coffee with a friend or regular group activities, such as reading clubs or bridge, the key is to find something you enjoy doing with others.

Owning a pet, particularly a dog, slows cognitive decline. Pet owners benefit from increased serotonin levels, reduced loneliness, and the mental stimulation of talking to their furry companions.

If people are more your thing, ensure you have a harmonious relationship, and never underestimate the importance of laughter, which releases dopamine and serotonin, essential for brain health.

Daily puzzles, board games, or learning a new language can significantly bolster cognitive function in the stimulation of synaptic connections, while activities like gardening or dancing increase levels

of brain-derived neurotrophic factor (BDNF), which promotes the growth of new neurons.

Starting the day with a protein-rich breakfast stabilises blood sugar levels, while reducing refined carbs can lower the risk of cognitive decline linked to metabolic health. Also consider taking a vitamin D supplement, which may help prevent dementia.

Finally, good sleep – total darkness, peace and quiet – allows the brain to clear toxins, aiding recovery and reducing cognitive decline. Your brain will thank you.



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
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Seasonal offers now in store

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

By **Peter Lindsey**

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

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

- A warm welcome and that personal touch.
- Value for money and competitive pricing.

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!

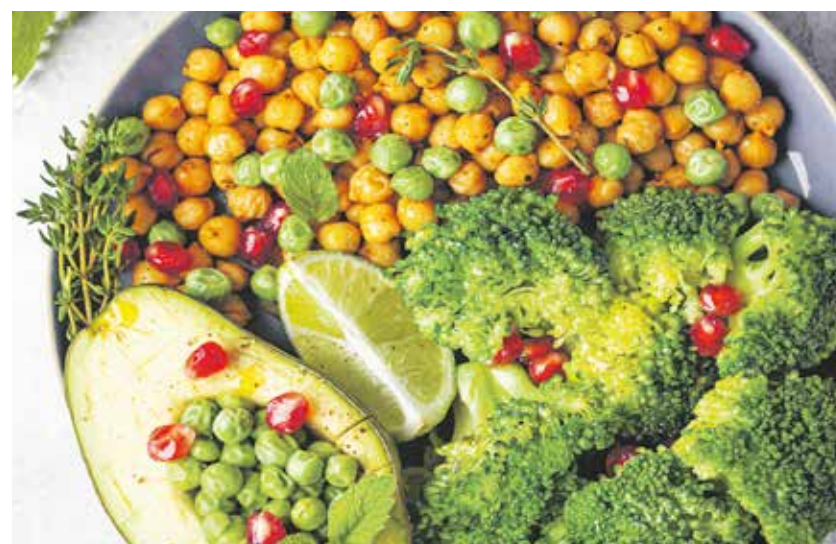
“We service and repair mobility aids and offer free collection and delivery. If you’ve not used your powered mobility aid over Winter it’s a good idea to have it serviced. Mobility Scooter and Powerchair servicing from just £60.

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

“Come and pay us a visit.”

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www.activedaysmobility.co.uk



Want to get fit for summer?

CONSIDER these diet adjustments to aid shedding pounds.

By **Harriet Smallholder**

Fibre is a crucial component in weight loss. It helps to keep you full longer, reducing overall calorie intake. Moreover, it promotes a healthy digestive system, which is essential for weight management. Whole grains such as oats, quinoa and brown rice are an excellent source of fibre and won't cause a blood-sugar spike like carbohydrates such as white bread.

Broccoli, carrots, and Brussels sprouts not only provide fibre but also a range of essential nutrients alongside beans, lentils, and chickpeas.

The power of protein

Proteins play a vital role in weight loss by increasing satiety and boosting metabolism. Including high-protein foods can help in maintaining muscle mass while losing fat. Lean Meats such as chicken breast, turkey and lean cuts of beef provide high-quality protein with less fat.

Salmon, mackerel and sardines are not only rich in protein but also in omega-3 fatty acids, while certain dairy products such as Greek yogurt and cottage cheese are excellent protein sources.

Finally, plant-based proteins such as tofu, tempeh and edamame are great options for vegetarians and vegans.

Fight flab with fats

Contrary to popular belief, not all fats are bad. Healthy fats are essential for brain health, energy and the absorption of certain vitamins. They also help in keeping you satiated when eaten in moderation.

Avocados are packed with monounsaturated fats, while almonds, chia seeds and flaxseeds provide healthy fats and fibre. Fatty fish such as salmon and trout are rich in omega-3 fatty acids, and olive oil is also a great source of healthy fat.

Fat versus fire

Thermogenic foods increase the body's heat production, thus boosting metabolism and aiding in weight loss. Known for its metabolism-boosting properties, green tea is a fantastic addition to your diet, though it does contain caffeine, so drink moderately.

Lose weight with water

Often overlooked, staying hydrated is crucial for weight loss, but if you can't stand plain water, try herbal teas instead. Drinking water can help control hunger, boost metabolism and improve overall bodily functions, so drink up!

Ssh! Are you listening?

IT is very easy to walk along chatting to the person next to you, or to be on the phone, but it does pay to just stop and listen to what is happening around you in the woods, fields and along the coast.

By **Theresa Hancock**

The woods are often filled with the sound of birdsong but often it is frustratingly difficult to see the birds and, if you do manage to find the songster, it will probably just look small and brown! But even without birds the woods can be quite loud with the wind rustling through the leaves and the trees creaking as they are blown about. You may also hear a sudden sound in the undergrowth when a deer is spooked, but so often it disappears before you have seen it properly.

Hedgerows are home to singing robins, tits and buzzing bees and if you are lucky, you might hear the noise of bull frogs croaking in nearby ditches.

High in the sky can be heard the distinctive sound of buzzards or red kites with their very distinctive calls and skylarks are always a joy to hear up on the Downs. In spring, you can often hear lambs and ewes calling loudly to each other, especially when a lamb realises that it is hungry and can't see its mother.

If you walk along the seafront there is always the sound of the sea in all her moods – the calm of the tide rattling the stones as the waves go back and forth, or the fury of a wild sea crashing against the sea wall or groynes which can be quite exhilarating. A walk along



Wild sea at Birling Gap.
(Photo by John Hancock).

the Cuckmere or Ouse has a very different atmosphere without the extremes of mood.

Not all sound is natural of course, it is surprising how often an aeroplane goes overhead and when you look up you find it is a Spitfire. If you happen to be walking when *Airbourne* is on, there could be any number of different aircraft flying above you or you may actually spot the *Red Arrows* on their way to or from the airshow!

So next time you're out walking, stop and listen – silence can be golden!

Have you tried one of our new Saturday walks yet? Our next one will be a 7 mile circular walk on April 19th starting at 9:30 just above the *Downs Golf Club* – booking details on our website: www.polegateramblers.org.uk

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April's entertainment

THIS month there's a season six on the way, an assortment of 7-inch records, an 8.8-megapixel movie and a theatre production that harks back to the 1920s.

By **Gail McKay**

A Minecraft Movie (April 1st)
The highly anticipated Minecraft movie is set to bring the block-building game to cinemas in April, promising a thrilling experience for fans of all ages.

Inspired by the creative and limitless world of the game, the film stars Jason Momoa, Jack Black and Emma Myers as a group of unlikely heroes band together to save their pixelated realm from destruction by the Ender Dragon.

Record Store Day 2025 (April 12th)
Launched in 2008, Record Store Day champions the independent record shop, and the culture of vinyl in particular, offering exclusive releases and live events to entice fans back to brick-and-mortar stores.

The Great Gatsby – A New Musical, at the London Coliseum (from April 11th)
Direct from Broadway, *The Great Gatsby – A New Musical* is set in the glitz and glamour of 1920s America. With spectacular choreography and stunning visuals, this must-see musical promises to transport audiences into Gatsby's opulent world.



The Handmaid's Tale, Season 6 (Hulu, TBC)
Starring Elisabeth Moss, the sixth and final season of *The Handmaid's Tale* is on the horizon, promising a climactic return to Gilead as its oppressive regime begins to fracture.

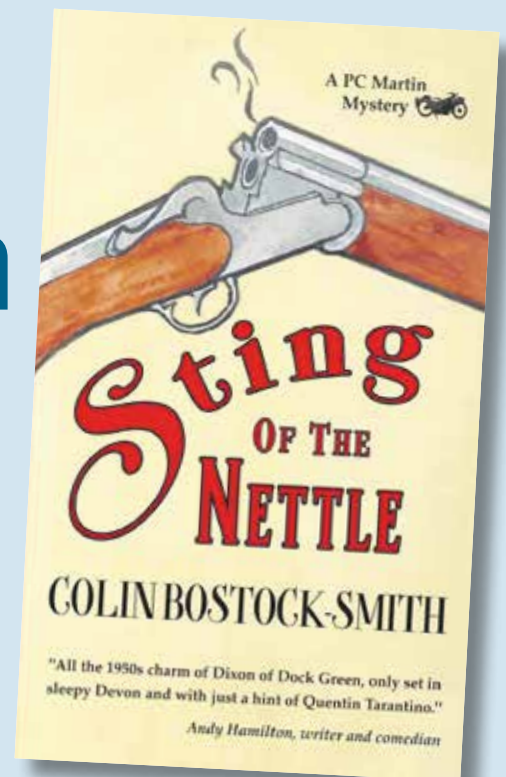
All eyes are on this gripping finale, as June confronts her past and redefines her future.



Sting in the tail

IS there something in the air of East Sussex that inspires would-be novelists? Local writer Colin Bostock-Smith thinks there might be.

By **Gail McKay**



"Since I was 17, back in the Sixties, I have been attempting to write a full-length novel that would be published by a reputable publisher," he says. "Now at last, and finally living in the depths of Sussex, I've made it."

The book in question is *Sting of the Nettle*, the publisher is *Diamond Crime Books*, and it's available right now, via book shops and of course, *Amazon*.

Successful career

Despite being a struggling novelist for most of his life, Colin achieved a long and successful career as a television comedy writer. He contributed widely to the *Two Ronnies*, *Not the Nine O'clock News*, the *Russ Abbot Madhouse* and the *Clive James Show*, the latter as a two-man writing partnership with the great Australian star. He also wrote for such widely diverse characters as the *Krankies*, *President Ronald Reagan*, and *Basil Brush*.

Changing tastes

His play "You Must Be the Husband", based on his situation comedy of the same name, toured Britain three times, and was translated into German and Italian.

"But, Colin says, "tastes in comedy changed with the new millennium, and I retired to Sussex, found the atmosphere conducive to writing, and sat down to produce *Sting of the Nettle*."

Unusual hero

The novel is set in an unusual time, an unusual place, with an unusual hero. The time is early fifties, when the shade of World War still hangs over the country. The place is West Devon, apparently a rural backwater but as we learn, also a place of exotic and criminal happenings. The hero is a young village constable named Derek Martin who has a ferret-like determination to get to the bottom of things, to the root of trouble. Which lands him in extreme danger.

Sting of the Nettle is the first of three books commissioned by *Diamond Books*, all featuring Derek Martin, and known as the *Constable Martin* series. Available in bookshops and *Amazon*.



May Art Show – Original art at affordable prices

EAST Dean and Friston Art Group is holding its annual Art Show from 2pm until 5pm on Saturday 3rd May and from 10am until 4pm on Sunday 4th and Monday 5th May.

By **Peter Lindsey**

It will be in East Dean and Friston Village Hall. Entry is free and tombola and raffle donations will contribute to the Matthew 25 Mission.

The theme of the annual installation and the children's art table will be "sheep."

The exhibition will showcase the talent and diversity of styles and subject matter within the group. A wide range of original paintings and cards will be for sale, including landscapes, figures, still life, birds, animals and

abstract in a range of media. Payment will be by card or cash and there will be a café with home-made cakes.

Sue Currie, Chair of ED&FAG, said: "We are delighted that the show will be opened by well-known local artist Julian Sutherland-Beatson, who exhibits worldwide including at the Royal Academy and Glyndebourne Opera House.

"If anyone is interested in joining our group, please have a look at our website and gallery and fill in the contacts page at www.eastdeanart.org.uk or call into the Village Hall on a Tuesday morning (early September to end May) to see us in action and have a chat."

The East Dean and Friston Art Group has existed for over 40 years and aims to bring together artists of all abilities, who share a love of painting and drawing in any medium, to provide a forum for painting, to



exchange skills, techniques, ideas and inspiration, and to enjoy the company of fellow artists.

Priority membership is given to East Dean or Friston residents, but there are also members from Eastbourne, Seaford and nearby villages.

Captivated fans hail a living legend

THE Bachelors star Dec Cluskey earned three standing ovations from an enthralled audience who packed the Garden Suite at the Hydro Hotel, Eastbourne, on Tuesday, March 11th.

By **Heather Flood**

This unique event, hosted by Anderida Writers, lasted almost two hours during which Dec sang and played guitar in front of a huge video screen showing his late brother Con singing with him.

Anderida chairman Tony Flood welcomed the many guests. He said Anderida catered for writers of all standards and that their patron,

best-selling author Tamara McKinley, was releasing her latest book, *With Promises To Keep*, written under the name Ellie Dean, on March 13th.

Mr Flood thanked those who had purchased his book *My Life With The Stars*, featuring showbiz stars including Dec Cluskey, Elvis Presley and a host of others <https://mybook.to/sizzlingsecrets>

Tony then announced "a living legend with a fantastic talent and charisma who had starred in *The Bachelors'* string of hits in the 1960s when they were bigger than The Beatles."

Dec, aged 83, captivated the sellout audience with superb renditions of *No Arms Can Ever Hold You*, *I Believe*, *I Wouldn't Trade You For the World* and other favourites. His daughter Victoria also gave an electrifying performance.

The Bachelors, originally a trio including John Stokes, became a duo from 1984 until Con passed away two years ago.

Dec, who lives in Eastbourne with his wife Sandy, a former dancer, performs on Zoom each month as both a solo artist and by using technology to show Con singing with him.



Dec performing, backed on screen by his brother Con. Picture by Lynne Hayes.



Dec, his daughter Victoria, and author Tony Flood celebrating.

Do not disturb

AN Eastbourne hotel owner has completed his second book.

By **Peter Lindsey**

***Do not disturb* gives insight into the challenges and triumphs of running the *Langham Hotel* on Eastbourne seafront.**

Neil Kirby and wife Wendy have owned the 80-bedroom seaside hotel since 2005.

Neil says: "We are only the second owners of *The Langham*, and previously I had worked in Park Lane for 28 years. This year will be my 58th year in the hospitality sector.

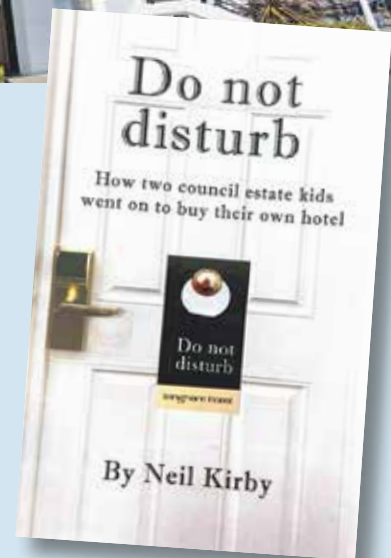
The Langham story

"Early last year, I decided to write my second book. The first was about my experiences with celebrities – this is the story of the *Langham*."

"There are 14 chapters, each one telling our story of the last years."

The couple bought the hotel for £1.8 million – and they have invested a further £2.5 million to improve the hotel.

Neil says: "Some 98 per cent of our trade when we took over was coaches, and we have changed that. Now it's one third coaches, two thirds private bookings."



"It was two-star, it's now four. We both work 90 hours each week and we love it. The rooms are beautiful, everywhere is clean and we have good, trained staff. And the customer is God."

"People just love coming here – and then coming back."

The book can be ordered at reception of the *Langham*, price £10.

Or email frontdesk@langhamhotel.co.uk



Comedy in Old Town

JO Neary presents: Daniel Searle, Caroline Mabey, Dyball & Kerr.

By **Gail McKay**

It's going to be a smasher again, something for everyone.

Daniel Searle is a very funny and delightful poet and storyteller from Brighton, Caroline Mabey has been the star on our poster for five years and is here at last, she's fantastic, a proper one-off, inventive, hilarious

breath of fresh air. And back by popular demand, Comedy Night favourites Dyball & Kerr with their pin sharp characters and sketches.

**Saturday 26th April
Lamb Inn, 36 High St, Old Town,
Eastbourne BN21 1HH**

Tickets From £11
www.wegotickets.com/event/654973
and also at the *Lamb Inn* bar

Saltwater Comedy's new venue

CAT Scully's *Salt Water Comedy* brings Eastbourne a fantastic lineup of comedians this Good Friday.

By **Gail McKay**

Featuring critically acclaimed, Stephen Carlin, with support from Jim Hooper, Dawn Williams, Anthony Mannion and John Gadsden. Last month's sold out fast, get in quick!

**Beerarama, 7B Bolton Road,
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Tickets £7
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Stephen Carlin.

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Green and pleasant

APRIL'S here and spring has sprung at last! As the weather warms up and early flowers start to bloom, all of a sudden there's a load of jobs to do outside. This month, there's plenty to sow and grow in your garden and greenhouse. But there's lots more to do besides sowing and planting out, especially in my eclectic garden. Tulips pictured in the header looking good at Driftwood this month too.

By **Geoff Stonebanks**

This month provides us with many of our favourite spring flowers to enjoy but the weather can be unpredictable. We can have anything from a heatwave to ground frosts and sleet, so be prepared. The best protection for tender bedding plants, if frost strikes, are cloches or a horticultural fleece. On the other hand, warmer days can see slugs and snails making an appearance and leaving their mark. They view the young shoots of Delphiniums, Hostas, lettuce and the like as the equivalent of caviar, so make sure you protect any new growth you see.

Caring for Hellebores

I have some magnificent hellebores in my beach garden which are starting to fade. Depending on how they look, April is a good time to cut down their stems. The new growth can be seen at the base of the plant and care is needed to ensure this is not snipped instead. I have the taller hellebore, *argutifolius* or the Corsican hellebore and it is prone to flop all over the place. It is hard to stake, so best chopped, taking off the flower and stalks down to the ground although the other types Hellebores can be left alone.

The National Garden Scheme

There are several plots open for the scheme this month across the county but here are three of them you may like to visit. First up, *The Garden House* at 5 Warleigh Road in Brighton, opening on Friday 11th and

Sunday 13th from 1pm to 5pm with entrance £6. This is one of Brighton's secret gardens aiming to provide year-round interest with trees, shrubs, herbaceous borders and annuals, fruit and vegetables. It's a friendly garden, with a touch of magic to delight visitors, above all it is a slice of the country in the midst of a bustling city. Plants for sale too.

Over now in Lewes there is *Banks Farm* in Boast Lane, Barcombe, opening both days over the weekend of 26th and 27th from 11am to 4pm with entry £5. This 9 acre garden is set in rural countryside with extensive lawns and shrub beds which merge with the more naturalistic woodland garden set around the lake. An orchard, vegetable garden, ponds and a wide variety of plant species add to an interesting and very tranquil garden.

The third is *The Oast* in Fletching Street, Mayfield also open both days of the same weekend from 11am to 5pm with entry £5. Wander through a 1 acre garden in an idyllic High Weald setting with a beautiful view. There is year-round interest, with highlights in spring. This month there should be over 4000 tulips and other spring bulbs bloom. Enjoy the woodland-edge walk, wildlife pond, vegetables and soft fruit, along with quality homegrown plants for sale. Full details on all the gardens can be found at www.ngs.org.uk

New Garden Talk

For any readers that might be looking for people to come along and provide garden talks to their horticultural society, garden club or other club from the autumn into 2026, they may be interested to note that I have now created a brand new talk entitled

"Succulent Obsession", a presentation on succulents and how you can use them in your garden. My other two talks currently available are "From City Courtyard to Seaside Sanctuary", the story of my garden move from London to the coast and "Gardening by the Sea", a talk about plants that have worked well for me in my coastal plot. All last approximately 1 hour and my fee is £105 plus expenses.

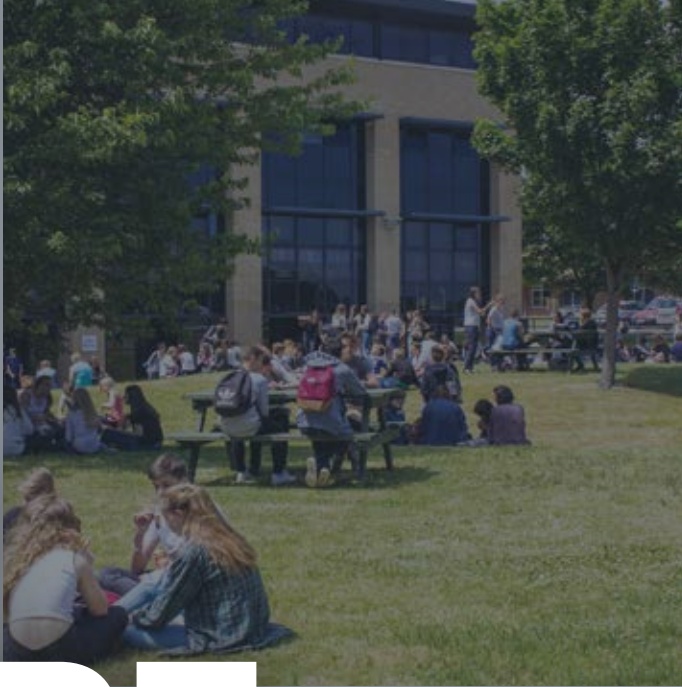
Feeding regime

I'll be starting my feeding regime to ensure all the plants and shrubs look their very best for my Summer visitors. I feed everything! I have a large collection of shrubs which provide a variety of fragrant flowers, berries, autumn colour, foliage and coloured stems. In addition, they add shape and a basic structural framework to my garden and provide shelter and a great food source for wildlife. No matter what, they are, they all get fed throughout the season. The results I get from feeding every year are amazing. The product is soluble and I water by hand, with a watering can, a task that can take a few hours, in stages! You don't have to be so meticulous as me but feeding will help get the best from your plants.

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

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

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See website for more details.