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FEATURE



05/25

Issue 059  
May 2025

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

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# Meeting our very own Captain Tom

**IT'S a privilege in this job to meet so many people  
 with diverse interests and views.**

By **Peter Lindsey**

**And there are times – not that  
 often – when you meet someone  
 who you know is very special.**

Well, two people actually. I met up  
 with Eastbourne's very own answer to  
 the great Captain Tom.

Peter Valentine is 101 and he's  
 raising money for the *Friends of the  
 DGH* by walking from home once a  
 month to the *DGH*.

During Covid, he walked an  
 amazing 96 miles – now he's  
 carrying that on. Why?

He says he loves the *DGH*. Both Peter  
 and devoted wife Heather worked  
 there in the Chaplaincy team.

A truly inspiring couple!

Both fit very nicely into our *'The Best  
 of Eastbourne'*, which is our big  
 spotlight in the magazine this month,  
 both online and in print.

Two Eastbourne businesses have  
 celebrated a very significant 'first'  
 this month.

*Sussex Footcare*, in Old Town, took the  
 decisions to move from Watts Lane  
 into new premises at Crown Street.  
 Twelve months on, and business is  
 booming for Andy and his team.

I'm one of their customers, and  
 recommend them 100 per cent.

Next we have *Willingdon Park Manor*,  
 which has also celebrated its first year  
 in business during April.

From a start point of zero, it now has  
 42 residents, with 108 staff.

I went there to meet the General

Manager Ian Cole, who is being  
 promoted to a bespoke, regional role.

Richly deserved!

Yes, there are challenges in our town  
 but plenty of success stories as well.

Two issues that have affected many of  
 us in recent months are the *Sovereign  
 Centre* and our seafront.

From negativity has certainly come  
 good.

*GLL* has taken over the *Sovereign  
 Centre* and seems to be making a  
 real success of it. Feedback has been  
 hugely promising.

And our seafront. Again, *EBC* has come  
 in for plenty of criticism for introducing  
 £1 charges to use the public toilets.

That may seem high but it also comes  
 with new CCTV and investment to  
 improve the toilets, which I am sure  
 we all welcome.

Let's just hope they are not the victims  
 of anti-social behaviour. That is the  
 understandable worry of many.

Interesting and busy times... summer  
 is on its way.

## Bournefree

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# Get ready to Celebrate the World at this years' Carnival

**EASTBOURNE Carnival is getting ready to take over the seafront with over 60 entrants ready to put on a spectacular parade on Saturday 24th May 2025.**

By **Harry Farmer**

**The theme for this year is 'Celebrations of the World' featuring members of our local community, and entrants from others local towns and cities celebrating festivals and events from across the globe.**

Also attending this year are members of Dortmund Carnival, bringing their Carnival Prince & Princess and over 40 members of their band to Eastbourne.



The popular *Bolivian & Latin Carnival* groups also return to put on a show for our residents and visitors.

The Carnival will officially start around midday with a small Town Centre gathering at *Bankers Corner* – with costumes by the Award winning / renowned *Sunshine International Arts*, members of *Stix Drummers*, *Cherry Dance* and the Mayor of Eastbourne.

The main *Carnival Parade* sets off at 2pm from *Fisherman's Green* and will parade down towards the *Wish Tower Slopes*.

Spectators are encouraged to get to the route around 2pm to ensure they do not miss the 60+ entrants as they make their way to *The View Hotel* for their main performance. See our Map for route and approximate timings.

A Street Party will be held after the main parade from approximately 4:30pm in Bankers Corner after the Carnival finishes with DJs playing an range of Music, including Soca.

Mina O'Brien said "This year promises to be a great parade full of celebration and representing cultures

and festivals near and far. We are delighted and thankful to have had the support this year from *Lightning Fibre* for our *Creative Workshops*, *Arts Council England* and *Chalk Cliff Trust*.

We are thankful to all our Sponsors, including our Platinum and Gold Sponsors *The Best of Eastbourne*, *Seahaven FM*, *Media Attention*, *The View Hotel*, *Bournefree*, *Custard*, *Eastbourne Borough Market*, *Mativus*,

*Elite Medical*, and to all that have contributed to the event.

We are also grateful to our partners and volunteers who are supporting the event this year. Carnival really is a great example of the community coming together."

For updates leading up to the Carnival please follow our *Facebook*, *Instagram* and *TikTok* channels at: **eastbournecarnival**

Don't forget to bring change to the Carnival or donate on the day via our QR Code – as funds raised go to our participating charity and non-profit entrants and go into the 2026 Carnival.





# Have the time of your life

AS the boating season gets underway, it's a great time to get involved with *Sea Cadets*.

By **Michael Jones**

**Michael Jones, the unit's Chairman said: "If you love getting out on the water and are aged between 12 and 18, join *Eastbourne Sea Cadets* for the time of your life."**

## Exciting challenges

Race sailing dinghies, rowing, powerboating and kayaking, go offshore, achieve a *BTEC* or undertake your *Duke of Edinburgh's Award* – whatever you choose, there is a world of exciting challenges at *Eastbourne Sea Cadets*.

*Sea Cadets* welcome all young people to pop by the unit when we're open and get stuck into some of the exciting activities, It's a fantastic opportunity to get to know other young people in the area and you will make some great friends, learn new skills that will give you a great head start in life and will really boost your confidence.

## Make more of your free time and volunteer with *Eastbourne Sea Cadets*

*Eastbourne Sea Cadets* needs volunteers who are happy to roll up their sleeves, get involved and make a positive difference to the lives of young people in the area.

The unit has lots of roles to match your skills and offers training to help you gain more. Make more of your free time in the evening by showing cadets how to sail, powerboat, kayak or windsurf. Volunteers are also needed to teach first aid, football, mountain biking, navigation and drill.

"We need your help to keep inspiring young people through nautical adventure and to keep giving them the best possible head start in life."

Volunteers are supported by a network of other volunteers and employees. As a new volunteer, you will receive an induction and will be given training and support to make you feel comfortable in your role. *Sea Cadets* is always there to provide ongoing help and support.



*Sea Cadets* have been in Eastbourne for over 100 years and has supported thousands of young people in the area to learn nautical skills, life skills and with 50 + cadets currently attending, supported by a great team of volunteers. However, more are always welcome, with more adults we can offer more opportunities to more young people.

## Nautical adventure

*TS Eastbourne* is part of national charity *Sea Cadets*, which gives young people a new perspective. We broaden horizons and create possibilities. Working across the UK with 14,000 young people between 10 and 18, we help them see the world with confidence, gained through the challenge of nautical adventure and a *Royal Navy* ethos. Our aim is to help more young people to see the future that they want – and make that future happen.

## Royal Marines Cadets

Part of the *Sea Cadets* family, *Royal Marines Cadets* enjoy all the exciting activities on water that *Sea*

*Cadets* do, as well as branching off into serious adventure training too. Specialising in orienteering, field craft and weapons handling is what makes *Royal Marines Cadets* unique and you can join from the age of 13 to 18.

## Find out more

The unit is open Tuesday & Friday evenings from 18:45 to 21:00hrs and meets at *TS Eastbourne*, Royal Parade BN22 7LA.

Visit our website at:

[www.sea-cadets.org/eastbourne](http://www.sea-cadets.org/eastbourne)

email: [eastbourne117@outlook.com](mailto:eastbourne117@outlook.com)

or call: **01323 722265**

**f eastbourneseacadets**

## Available for hire

As part of the local community we also make our premises available for hire. The unit building has a Main Hall, Classrooms, Kitchen and Toilets.

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# Lightning Fibre at Heathfield Show for fourth year

**LIGHTNING Fibre will provide free full fibre broadband for the entire showground, for traders and visitors to use for free during the *Heathfield Agricultural Show* on Saturday 24th May.**

By **Peter Lindsey**

**Set in the heart of the Sussex countryside, the show celebrates rural life, farming excellence, and local enterprise, drawing visitors from near and far.**

Visitors can enjoy on-site free parking or take advantage of the convenient park-and-ride service from Heathfield, making it even easier to access the showground and enjoy a stress-free day out.

Show Chair Bill Gower said: "We're delighted, and grateful, that *Lightning*



Heathfield Show Chair Bill Gower and Coordinator Tracy Hobden, with Lightning Fibre's Rob Reaks.

*Fibre* continues to support our show, which is one of the best connected in the country thanks to their free Wi-Fi."

Tracy Hobden, Show Coordinator, said: "The *Heathfield Show* is a not-for-profit organisation benefiting the local community. Support from local businesses, like *Lightning Fibre*, is tremendously important and the broadband connectivity is especially welcome for improving the overall experience on site throughout the event."

Rob Reaks, chief commercial officer at *Lightning Fibre*, said: "With something for all ages, the *Heathfield Agricultural Show* is an unmissable event for families, farmers and

countryside enthusiasts alike. We are delighted to support this amazing community event."

The *Heathfield Show* takes place at Tottingworth Farm, Broad Oak, Heathfield, TN21 8UE. The highly anticipated family event is one of the region's premier one-day agricultural shows.

This year's event promises a packed schedule of entertainment, livestock and equine competitions, and shopping. Early bird discounted tickets are now on sale and kids go free.

Tickets are available at: [heathfieldshow.ticketsrv.co.uk](http://heathfieldshow.ticketsrv.co.uk)



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Your Eastbourne Business Improvement District:

# Focus on Victoria Place

## New restaurant Bangers & Mash opens at Victoria Place

**Bangers & Mash, which celebrated their opening in mid-April, is a new restaurant with a distinctly British flavour and is well-placed to offer something that will appeal to visitors and residents alike – a serving of traditional British food.**



Starting with traditional English breakfasts, the café-restaurant also serves lunches including sandwiches, omelettes and, of course, sausages and mash. Owner Georgios Mouratidis explains: "Whether you're joining us for a delightful breakfast to start your day or for a satisfying lunch, we promise delicious dishes and a cosy atmosphere. We'll be happy to see you at Bangers & Mash".

Find Bangers & Mash at 228 Terminus Road

## .gr/eat – Greek cuisine

**Eastbourne favourite .gr/eat has a well-earned reputation for their fresh, authentic Greek cooking.**



Committed to using the freshest ingredients, including locally sourced meat and seafood, 'gr/eat serves traditional dishes served with a modern flair. As well as their evening menu, the restaurant serves a lunch mezze deal – ideal to enjoy at their outside tables, now the sun is finally out! .gr/eat is rated excellent on TripAdvisor and also regularly caters for large private parties with exclusive feasting menus, and the option of plate smashing if you feeling like celebrating in style.

Find them at 215-217 Terminus Road, or online at [www.gr-eat.co.uk](http://www.gr-eat.co.uk)

## Belgian Café

**Following a refurbishment, the Belgian Café has opened its doors ready for the summer season. The restaurant serves classic seafood dishes from oysters and sharing platters to daily fish specials and hosts regular theme nights including fondue, seafood and wine evenings**



Belgian Café also has a couple of aces up their sleeve: regular live music and their very own micro-brewery. What better way to celebrate the summer than with one of their ice-cold beers and entertainment from local musicians? The Belgian Café's selection of house-brewed beers is complemented by a wide-range of wines, and a gorgeous menu of cocktail specials.

Find the Belgian Café on the corner of Terminus Road and Grand Parade.

## Loving Local: Business Highlights

# The Collaborative Canvas

**The Collaborative Canvas is situated in the heart of Eastbourne, at the Enterprise Shopping Centre, a hub of local independent restaurants and retailers.**



We are a Community Interest Company providing 'art for wellbeing' workshops to individuals and small groups. We don't expect our customers to be professional artists and if you haven't picked up a pencil or paintbrush since school, it really doesn't matter. We encourage individuals to come along to learn the basics of a variety of water based media and make connections, with informal instruction from our resident Art Facilitators. Workshops can be in small groups or can be offered as one to ones.

As a registered centre for Arts Award, we support children and young people, aged between 11 and 25 years old, to complete these Trinity College, London accredited courses through guided, 1:1 tutorial support. Arts Award's mission is to support children and young people to enjoy the arts, to connect with and take part in the wider art world and develop creativity, communication and leadership skills.

Our studio/gallery space is also showcasing the work of Sussex based artists and makers, such as Liv & Flo, Lynn Watt, Vicki Disney, Graham Matthews, Kay Hilton, Alan Pearce and Emma Bennett.

We also offer 'art hot desking spaces' for artists and makers to work with others in order to combat creative isolation in daily crafting and making.

For more information please contact:

[collaborativecanvas.art@gmail.com](mailto:collaborativecanvas.art@gmail.com) • Tel. no: 01323 552733

Facebook: The Collaborative Canvas • Instagram: [e.bennett\\_artwork](https://www.instagram.com/e.bennett_artwork)

## Loving Local: Business Highlights

# Bamb

**Welcome to Bamb! We help businesses in Eastbourne shine brighter than the golden dome on the pier on a sunny day.**



Whether you're launching something new or refreshing your look, we create unique brand identities that turn heads faster than a seagull nabbing a tourist's chips!

Our expert team builds flexible brand identities, seamless WordPress websites, and compelling storytelling through the written word and photography. From local independents to global names, we deliver creative solutions that truly connect.

Ready to make waves in Eastbourne and beyond? Let's create something brilliant together.

[bambcreative.com](http://bambcreative.com)

# Driven by business, funded by business

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.







# Unearthing Treasures

**WE are returning to Eastbourne. Welcoming new and old customers to our grand valuing and buying event at *The View Hotel* on the seafront.**

**Whether it's just some broken items of gold worth hundreds of pounds, an inherited diamond ring worth thousands of pounds, or a collection of watches and jewellery worth many thousands of pounds, we welcome you on the 17th, 18th and 19th of May.**

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

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

Their experienced team of appraisers are more than just

By **Barrie Crowhurst**

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

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

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

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

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

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

## The Art of valuation

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

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





“

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

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

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

### A potential windfall

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



“

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

### Why sell to the MK Roadshow

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

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

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

**The Roadshow will be at the *The View Hotel, Grand Parade, Eastbourne BN21 4DN* on Saturday 17th, Sunday 18th and Monday 19th of May. 10:00am to 5:30pm.**

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

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

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



### Hidden Gems

Your jewellery box could be hiding a small fortune.

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



# Joy of Football

**EASTBOURNE library will be hosting a 'Joy of Football' event on 28th May to bring together fans and celebrate football in Sussex.**

By **Daniel Ford**

**Local football supporters are invited to join this free event for a lively panel discussion and Q&A session and to share their own experiences of what makes football in the county special for them.**

The panel for the evening is...

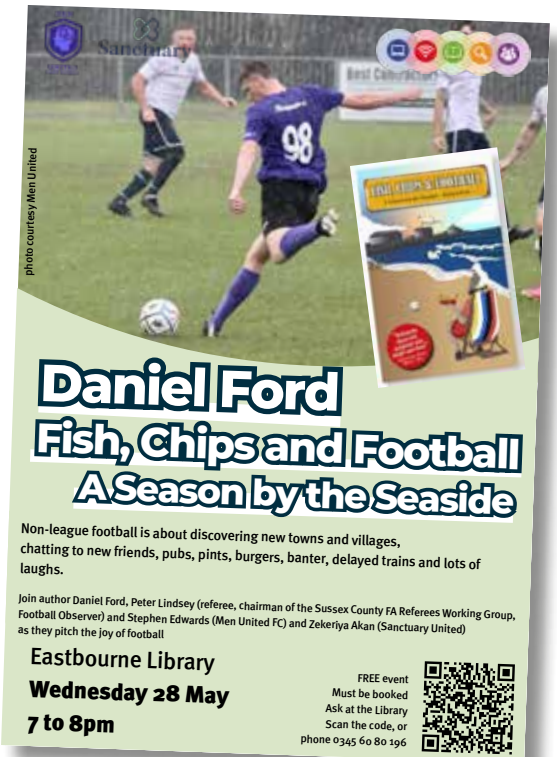
- The editor of *Bournefree* Peter Lindsey, journalist, referee, and chairman of the *Sussex County FA Referees Working Group*.

- Daniel Ford, author of *Fish, Chips & Football*, which follows a season of non-league football in Eastbourne and covers teams along the coast from Dover to Havant.
- Stephen Edwards, founder of *Men United*, a Sunday team formed to support men's mental health.
- Zekeriya Akan, manager of the refugee side *Sanctuary United*.

The panel will be talking about topics covering many local teams, including the senior clubs, *Eastbourne Borough*, *Eastbourne Town*, and *Eastbourne United*, plus the intermediate and junior clubs such as *Jesters Town*, *Eastbourne Rangers*, *Sovereign Saints*, *Victoria Baptists*, and *Eastbourne Athletic* and from Sunday football *Men's United*.

"Non-league football is about discovering new towns and villages," said Ford. "chatting to new friends, pubs, pints, burgers, banter, delayed trains and lots of laughs. We are all looking forward to meeting fellow football lovers and sharing football stories with them."

The event, from 7pm–8pm, is free to attend but guests must book to secure their place at the event.



Please ask at the library, scan the code, or call **0345 60 80 196**.



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# Award for flourishing community allotment

**A DEDICATED community leader whose passion inspires a large team of volunteers to grow fruit and veg at an Eastbourne allotment has won a prestigious national award.**

By **Gail McKay**

**Sally Lee, of Rooted Community Food, has won the Royal Horticultural Society's Carew Pole Community Award.**

She co-ordinates up to 30 volunteers on the Gorrington Road allotment who grow food to supply community fridges and homeless charities.

There is a growing plot and a separate plot with an outdoor kitchen,

kitchen garden and a large shelter for cook-ups and creative sessions.

The award submission by *Rooted* volunteers Liz Magraw, Caoimhe McDonne and Liz Purkis stated: "Sally has demonstrated outstanding qualities in developing a welcoming and inclusive community at *Rooted*."

"Volunteers come from all walks of life, including different nationalities and languages, refugees, people with disabilities and medical conditions, and those seeking a safe haven. "The team have become confident

growers, learning through successes and failures, and expanding their knowledge and range of crops, including melons this year."

*Rooted* also gathers excess produce from other allotment growers via a 'Crop Drop' which it delivers to good causes. This year, it is aiming to donate four tonnes.

The *RHS Carew Pole Community Award* is awarded for an outstanding contribution to a community gardening programme which brings value to the wider community.



Sally with Keith Weed, president of RHS.



Find out more about *Rooted Community Food* on Facebook and Instagram.

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Gather, The Beacon  
May 9th-11th

 **BLUE HEART**

# Exploring Eastbourne's water story

A UNIQUE pop-up event at *The Beacon Shopping Centre* will invite the community to explore Eastbourne's relationship with water, flooding, and climate resilience.

By **Sarah O'Flaherty**

Running from 9th–11th May in the **Gather** unit, **Submerged: Eastbourne's Lost Treasures** combines art, science, and community engagement in an interactive space for all ages.

Visitors can view striking water-themed artwork by local artists, take part in hands-on demonstrations of water quality testing and sensor technology, and explore displays explaining how water shapes our landscape. Experts in flooding, water management, and climate adaptation will also be on hand to answer questions and share knowledge.

Younger visitors can join a "Find the Duck" trail around the shopping centre. Families who find all the hidden *Blue Heart* ducks can return to the pop-up to claim a prize.

"We want to create a welcoming space where people can learn, play, and talk about water in their lives," said Anna Hastings from *Blue Heart*, the organisation behind the event.

*Blue Heart* is a project working to strengthen climate resilience and flood preparedness across East Sussex.

**Submerged: Eastbourne's Lost Treasures**  
**9th–11th May 2025**  
**The Beacon Shopping Centre, Eastbourne (Gather unit)**

**Free entry – Open daily – All welcome**

For more information, visit [www.blueheart.org.uk](http://www.blueheart.org.uk) or follow **@BlueHeart\_EastSussex** on social media.



# A wonderful home from home

**TWEED** offers a welcoming home in a beautiful, well-maintained Edwardian property.

By **Harry Farmer**

For anyone looking for a homely environment for their loved one or for themselves, *The Emilie Galloway Home of Rest*, known as *Tweed*, is a long-established, affordable care home.

Situated in Silverdale Road, near the *Grand Hotel*, it occupies a beautiful, well-maintained Edwardian

property. In addition to providing a comfortable and friendly setting, the Home offers spacious rooms and has beautifully tended gardens.

“A wonderful home from home with a lovely welcoming atmosphere.”



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

Enquiries:  
**01323 733223**  
[info@tweedcarehome.co.uk](mailto:info@tweedcarehome.co.uk)  
[www.tweedcarehome.co.uk](http://www.tweedcarehome.co.uk)

“They ensure my mother’s needs are anticipated and addressed. We’re very pleased with her care and so glad she has found a lovely home.”

LUXURY  
FOR LESS

A photograph of a modern garden room with a glass roof and wicker furniture. The room is situated in a garden with trees and a fence in the background.

A photograph of a woman in a black bikini relaxing in a hot tub. The hot tub is white with blue jets and is situated on a wooden deck.

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The logo for Johnsons Leisure, featuring the brand name in a stylized script font.

The logo for Hillier, featuring the brand name in a stylized font.



# 12 months on – and thriving

IT’S been a successful first year for *Hallmark Willingdon Park Manor Luxury Care Home* on Kings Drive in Eastbourne.

By **Peter Lindsey**

**The home opened just over 12 months ago and at the time our Mayor Candy Vaughan said: “The home is going to be a wonderful community care home, the quality and space are fantastic.”**

And Madame Mayor was certainly right. It now has 42 residents and 108 staff.

*Hallmark Willingdon Park Manor* has been featured in this year’s *Knight Frank Luxury Care Home Guide*.

And now General Manager Ian Cole is being promoted to a new, bespoke regional role within the company.

Ian said: “What a year! Rewarding but challenging are the words I would describe the 12 months.

“Our mission is making life better for our residents, we all want to see them progress.

“It’s about the next chapter in everyone’s lives here. Some are new to care and we strive to make them as independent as possible.

“Of course, it’s the surroundings and aesthetics that help to make *Hallmark Willingdon Park Manor* the very special place that it is.

## Warm, uplifting spaces

“From the very beginning, our vision has been to create warm, uplifting spaces where residents don’t just live – they thrive.



Ian Cole.

“The recognition from *Knight Frank* is testament to the dedication of our team and the vibrant communities they help build every day.”



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# Peter, 101, and still walking for charity...

**IN life, there are times when you meet people who are very special.**

By **Peter Lindsey**

**Peter Valentine, 101, and his wife Heather are two such people.**

They care greatly about society – both are members of *St Mary's Church* in Old Town, and each autumn you will see Peter helping out with the *Poppy Appeal* in *Waitrose*, Old Town. He's been selling poppies for 40 years.

But it gets better...

During lockdown, they walked 96 miles for charity, yes 96 miles and at the time Peter was aged 96 as well. They raised £655 for the *Friends of Eastbourne Hospital*.

Now, once a month during 2025, Peter – an amateur radio buff – is walking from his home in Rodmill to the *DGH* entrance. There, he hands over his £10 to the *Friends of Eastbourne Hospital* at the entrance,

hoping to raise £120 by the end of the year.

Peter said: "The *DGH* deserves as much support as possible. It's a great hospital. Walking the distance from my house to the hospital entrance may not seem far but I can't walk as far as I used to."

Both worked in the Chaplaincy team at the *DGH*.

You can sponsor Peter by visiting [www.justgiving.com](http://www.justgiving.com) and searching for **Peter Valentine**.



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St Wilfrid's Hospice

# St Wilfrid's Starlight Stroll

**A walk to remember**

Light up Eastbourne Seafront, walk five or ten miles beside the sea,  
and help raise vital funds for local hospice care

- ★ Choose from the traditional 5-mile walk, or take on the more challenging 10-mile route
- ★ Both routes start from Princes Park, Eastbourne
- ★ Lay your decorated lantern in the beautiful Italian Gardens and take a moment of reflection
- ★ £15 early bird (until 31<sup>st</sup> July), £20 standard, under 5s register for free.
- ★ Receive a Starlight Stroll t-shirt, medal and a lantern to decorate
- ★ Be the ultimate fundraising superstar as you raise donations for St Wilfrid's Hospice

**Saturday 13<sup>th</sup> September 2025**

To find out more about this event and to register, visit  
us at [stwhospice.org/starlight](https://stwhospice.org/starlight) or call **01323 434241**



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St Wilfrid's Hospice





# 50 miles in May

**RAYSTEDE Centre for Animal Welfare is excited to announce the return of its popular '50 Miles in May' challenge for 2025.**

By **Peter Lindsey**

**This annual virtual event encourages participants to complete 50 miles throughout the month of May, using any method they choose, be it walking, running, swimming, cycling, or even on horseback! The goal is to promote physical activity all while raising funds to help support animals in need.**

One of the people taking part will be Raystede Ambassador, Cassie Butler-Gould who last year completed a whole year of fundraising after finishing the 50 Miles in May challenge.

Cassie says: "Last year I took part in 50 Miles in May and it was great to get out and about walking every day with my own dog, as well as walking a friend's dog too – a Raystede rescue called Pepper. No matter the weather, the rescue dogs and I were out walking every day.

"The great thing about 50 Miles in May is that it is open to anyone to complete the challenge in whatever way they want. You can do it daily like I did, or tackle longer distances less frequently. Why not take part as part of a team or with your work colleagues – the choice is yours."

It's free to sign up for the 50 Miles in May challenge and those taking part will receive a #TeamRaystede t-shirt when they start fundraising.

Anyone who signs up can then join the challenge's Facebook page to share top tips with fellow 50 Miles challengers as well as updates on their progress throughout the month of May.

Cassie continues: "I've seen first-hand just how vital any money raised from challenges like this are to Raystede enabling them to continue to care for over 400 animals every day. Raystede's outstanding team provide comprehensive veterinary, behavioural and emotional support for each animal in their care but they can only continue to do so with the support of its fantastic fundraisers who go the extra mile for animals in need."

## How fundraising makes a difference

Raystede is not government-funded so donations and fundraising are vital to the work of the charity. The charity has to raise £6,500 every day to pay for all the animal care costs so every donation, big or small, makes a huge difference.

- £150 can cover the cost of feeding all the animals in Raystede's care for a day.
- £300 could cover the costs needed to care for a dog for a fortnight.
- £500 helps pay for the costs of essential supplements for aviary birds for two months.

Join #Team Raystede and sign up today for Raystede's 50 Miles in May challenge at:  
[www.raystede.org/50MIM](http://www.raystede.org/50MIM)

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\*First fixed teeth remain in place during the healing phase. Exchanged for your final set after about 3 months.



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my results....my  
confidence is well  
and truly restored"*

Linda,  
David Neal Dental Patient

Book your consultation with the David Neal Dental  
Teeth in a Day team - call **01323 356066**



# The man who transforms smiles and confidence

**WHETHER you're after exceptional oral health or a whiter, straighter smile, finding the right dentist can change everything.**

By **Peter Lindsey**

**We sat down with Dr Eial Makori, Lead Dentist and Clinical Director at David Neal Dental Eastbourne, to talk about how he's helping patients reclaim their smiles, and their confidence.**

## Experience, precision, and life-changing results

"I wear two hats at David Neal Dental," explains Dr Makori. "I'm both a practising general and cosmetic dentist and the Clinical Director overseeing clinical standards across the practice."

With over 20 years experience, Dr Makori specialises in restorative and cosmetic dentistry, including full smile rehabilitations and advanced dental implant treatment. His passion? Helping patients with broken-down teeth rediscover the joy of smiling.

"Dentistry isn't just about teeth, it's about helping people feel good about themselves again."

## Everything you need

From hygiene to root canal therapy and cosmetic restorations, Dr Makori's team offers a full spectrum of private dental care.

"And for those struggling with missing or failing teeth, we're proud to be a centre of excellence for dental implants."

"Our ethos is centred around tailored patient journeys, not one size fits all. It's about doing what is right for the patient, 100% of the time."

## Same-day smile transformations

David Neal Dental is one of the few clinics in the region offering Teeth in a Day — an advanced implant solution that gives patients a fixed, natural-looking smile with just one surgical visit.

"We place the implants and secure a full set of teeth in one procedure," explains Dr Makori. "Patients come in hiding their smiles, and leave with beautiful new teeth."

## The right treatment for you?

"We see patients who've lived with pain or loose dentures, or have hidden their smiles for years," says Dr Makori. "With the right treatment, we can turn that around in just one day."

"If you hesitate before biting into an apple, this treatment might be for you."

## Clinical care you can trust

The implants are placed by lead surgeon, Dr Michael Zybutz, while Dr Makori designs and fits the teeth for optimal comfort, function, and aesthetics.

"We've worked closely together for nearly a decade. It's very re-assuring for patients to know they're being looked after by a team they can trust, with a long track record of success."



Dr Eial Makori.

## Life-changing results

For the David Neal Eastbourne team, it's not just about clinical outcomes — it's about how patients feel after treatment.

The boost to their confidence often takes them by surprise — the confidence to smile again and eat comfortably without worry. "The most common thing I hear? 'I wish I'd done this sooner.'"

## A practice with heart

"We're proud to be a family-owned clinic," says Dr Makori. "We treat people the way we'd want our own families to be treated — with respect, empathy, and a genuine commitment to results."

"Whatever your treatment, we take our time, and we listen. We want every patient to feel they're in safe hands."

**David Neal Dental is located at the Langney Shopping Centre.**

**For appointments, or to register, call 01323 356066, or visit [davidnealdental.co.uk/Eastbourne](http://davidnealdental.co.uk/Eastbourne)**

Dr Eial Makori is registered with the General Dental Council.





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## Medieval Castle

Peek inside a medieval castle rich in history, dating back to the 15th Century and connected to the household of Henry VI. It features a moat, ballroom, cloisters and a pretty internal courtyard garden, not to mention the legend of the headless drummer.



## Gardens and Woodlands

Discover Herstmonceux Castle's eight vibrant gardens, alive with colour and birdsong. Stroll 300 acres of ancient parkland, where 400-year-old oaks shade wildflower meadows—ideal for picnics and peaceful walks.



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# Meads Hall is open once again

IT'S a real example of community spirit at its very best...

By **Peter Lindsey**

**Lord Burlington has formally opened the restored Meads Hall (formerly St. Johns Parish Hall) to a fanfare played by the Eastbourne Silver Band.**

## Future for the community

The reopening follows a major fund-raising of almost £600,000 to repair and refurbish the Hall, and guarantee its future for the community.

Chairman of the Trustees, Robert Smart, charted the progress made in saving the Hall since the Trustees were appointed at the beginning of 2024.

Crucial to the venture was the successful application for £450,000 to the *Government's Community Ownership Fund*, which was delayed during the General Election.



Thanks were also given to the group that laid the foundations of the project for the Trustees to take forward, and to the building surveyor and contractor who delivered the project "on budget and on time".

Robert concluded by referring to the great community spirit in Meads which has contributed to an outstandingly successful project and secured the Hall for the community in perpetuity.

The rebranded *Meads Hall Eastbourne* looks forward to

welcoming back the Meads community and its visitors for many years to come!

Further details about the Hall, including bookings, may be found at <https://meadshall.org>



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## Introducing: Helix Healings

**Belinda runs Helix Healings, providing energy healer and teacher, trained in reiki, shamanism and sound healing.**

From an early age, she was interested in all things spiritual, but it wasn't until she went on a yoga holiday in Egypt (as a complete beginner) and received reiki healing that she started to take note of the power and potential found in energy.

On her return to the UK, Belinda sought to learn more about energies and how they can bring about healing in body, mind and spirit. She started off by learning Reiki including the rarer Jikiden Reiki – a non-westernised version, which is closer to the original.

Belinda's curiosity for spirituality



led her to shamanism, a healing modality which is the oldest known form of spirituality. The practice involves directing spiritual energy and invoking a state of



consciousness through connection to the universe. She has trained with Alberto Villoldo of the Four Winds, as well as with the Inca Shaman of the High Andes.

Belinda complements her offerings with sound healing. Scientific studies demonstrate the benefits of sound healing, and vibration patterns in cells made from different tones (cymatics) are known to promote relaxation and healing. As Belinda explains "some say that the Egyptians used sound to carry the stones for the pyramids. It's a very gentle but powerful way of allowing deep shifts to take place without our minds interfering".

Belinda sees clients either in Eastbourne or worldwide remotely and regularly hosts Soundbaths.

Belinda, whose mantra is to work as fast and as gently as possible, loves empowering clients to be the person they were truly meant to be.

**Learn more at [helixhealings.co.uk](http://helixhealings.co.uk)**

## Eastbourne's Health Hub Launches Budget-Friendly Breakfast Club to Support Local Wellness



**After over a decade of helping thousands in Eastbourne transform their health, The Health Hub Daily Nutrition is launching something brand new — a Budget Breakfast Club, opening its doors on Sunday, 12th May, at their fresh new location inside 4 Golf, 3-4 Commercial Road, Eastbourne.**

This exciting new club is all about bringing the community together each morning to enjoy a healthy start to the day, with support, laughs, and personalised guidance.

Whether you're aiming to lose weight, boost energy, feel better in yourself, or just fancy a fresh start — this club is for you.

Founder James says: "We've helped thousands over the years, and this next chapter is about making health support more accessible, fun, and consistent — all over a cuppa and a smoothie!"

To celebrate the launch, The Health Hub Daily Nutrition is offering FREE wellness evaluations and body scans (usually £50) in the

run-up to opening. These personal sessions are designed to help people understand their bodies, set goals, and kickstart their journey with confidence.

Locals are invited to pop in, meet the team, and experience the welcoming atmosphere that's already made the Health Hub a beloved part of the Eastbourne community.

**Find out more at [healthhubeastbourne.co.uk](http://healthhubeastbourne.co.uk)**

### New Members for April

Vacom Computing • Golden Girls Events CIC • Your Remote VA • Elliott HR • Peak Plumbing and Heating Sussex • Three Acre Brewery • JCS Accounting Solutions • Sotto • Unstoppabl Consulting • Cafe Joon • Avant-Garde Construction Group • PJJ Homestay English Hub



## Juice Electrical Services Celebrates 5 Years of NICEIC Certification



Chamber member Juice Electrical is celebrating half a decade of certification for distinction in electrical services. The milestone achievement reflects Juice Electrical's unwavering commitment to excellence, safety, and industry leading standards.

**What this means for customers**  
The coveted NICEIC certification serves as a mark of quality, ensuring that every project Juice undertakes meets the strictest safety regulations and professional standards. Whether working on commercial, retail, or local authority projects, their clients

can have complete confidence in the expertise and reliability of Juice's team.

**A commitment to high standards**  
Receiving this recognition from NICEIC is more than just a certification—it's a testament to Juice Electrical's dedication to providing the best possible electrical solutions.

Their commitment to customer service and excellence in workmanship is further reinforced by approval from Trading Standards as a trusted and dependable contractor.

## Eastbourne International Singing Competition 29th - 31st May



Last year's finalist Shafali Jalota. Credit: EBISC

The Birley Centre will once again host the renowned competition, which will feature some 60 competitors over 3 days at the end of May.

The event - the only one of its

kind in the UK - brings the most gifted young classical singers to Eastbourne to compete for prestigious awards and substantial cash prizes.

The contest is a technical tour de force and has been made all the more challenging by post-Brexit travel conditions and reductions in arts funding.

**For your chance to support young people in the Arts - and witness some of the most phenomenal singing you'll ever see book your tickets at [ebisc.co.uk](http://ebisc.co.uk)**

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Are you dreaming of starting your own business but are unsure where to begin? Whether you're seeking more control over your work-life balance, eager to be your own boss, or simply tired of the 9-to-5 grind, starting a business requires careful planning and a clear strategy.

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By the end of the workshop, you will be prepared to develop your business plan with confidence and avoid the common pitfalls many startups face.

Our next workshop will be held in Eastbourne on Thursday 22nd May from 10am to 4.30pm.



This workshop is fully funded by Eastbourne Borough Council and is available to any Eastbourne resident who is thinking of starting a new business, or for new business owners who would benefit from expert advice.

**For more info and to register for the workshop, please visit the events page at [www.edealgroup.org](http://www.edealgroup.org)**

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Are you ready to take your business to the next level? Whether you're just starting out or looking to grow, expert guidance can make all the difference. Edeal are offering start-up and existing businesses FREE business advice to help you navigate challenges, explore new opportunities, and accelerate your success.

For more information, simply email your details to [info@edeal.org](mailto:info@edeal.org) and a member of the team will contact you.

## 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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# Beer & Cider by the Sea on the Western Lawns

**BEER & Cider by the Sea. 16th – 18th May 2025.**

By **Peter Lindsey**

**This year's Beer & Cider by the Sea, Eastbourne is a three day event on Friday, Saturday and Sunday May 16-18th on the Western Lawns on Eastbourne seafront.**

The festival, now in its 12th year, features more than 100 real ales, craft beers, cask ciders and perries, with the majority showcasing local Sussex producers.

Bottled beers, gins, Pimm's, Prosecco, wines and cocktails will also be on offer with live music at all sessions on stage in the festival marquee, ranging from tribute shows and cover bands to jazz and acoustic sets.

Supported by CAMRA, their members will be on hand at each session to guide visitors through the carefully selected tipples available, from quirky micro-breweries to established names, with some specially brewed for the occasion.

Festival goers will also have a choice of tasty food stalls offering a range of cuisines, which regularly range from Asian and Mediterranean to handcrafted burgers.

Sessions from 5pm – 10pm on Friday, 11am – 4pm and 5pm – 10pm on Saturday and 12pm – 5pm on Sunday.

Sessions at the festival frequently sell out in advance and fans are advised to book ahead to secure tickets early.

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

To book call **01323 410611**, visit the Seafront Office or book online at [www.EastbourneBeerFestival.com](http://www.EastbourneBeerFestival.com)



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# New pop max

## New & existing works from Bruce Asbestos

**MAXIMUM fun as Bruce Asbestos and his inflatable monsters arrive in Newhaven.**

By **Charlotte Parsons**

**This Spring join Treakle and his inflatable friends as they take over the BN9 Studio in the Marine Workshops in Newhaven.**

In NEW POP MAX the wild and wonderful creations of the playfully subversive artist Bruce Asbestos inhabit the historic riverside building for the must-see exhibition of the Spring.

Originally from Sussex, the Nottingham-based artist has garnered an international reputation for his unique visual identity. Frequently mixing everyday objects with high art, fashion, and global pop culture. Described as 'witty, seductive and extravagant', his bold and interactive artworks place him firmly within the realm

of participation, play and pop art. Bruce has exhibited widely across the UK, in Bangkok, Colorado, Germany and now – Newhaven!

Don't miss this family-friendly hyper pop visual feast and the chance to get up close to the epic inflatable favourites Egg Cat, Octopus and Bootleg Shreg, and multiple new paintings, and the mysterious Hooboos. This exhibition is brought to the town by *Look Again* – the team behind the hugely successful

*2024 Supergraphics Festival* held in Newhaven last year – in collaboration with *Towner Eastbourne* and *Lewes District Council*.

10am–4pm, Thursdays, Fridays and Saturdays from 19th April – 7th June.

Programme of evening events, family-friendly workshops.

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



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# EMC praised for helping to save lives

**EASTBOURNE Motoring Centre is a popular family-run business proud to support the local community.**

By **Keith Ridley**

**Now it is supporting a well-known Eastbourne charity that helps save the lives of those in crisis.**

*Eastbourne Motoring Centre has delivered a second vehicle to the Beachy Head Search and Rescue team, in its ongoing support of the chaplaincy's work.*

In the past seven years, EMC has sponsored six Suzuki Vitara search and rescue vehicles that have been a crucial asset in the efforts to reach and assist individuals who arrive at Beachy Head in crisis.

*"On behalf of the entire Beachy Head Chaplaincy Search and*



Rescue team, I want to express our deepest gratitude for your generous sponsorship of this vehicle," said Gerry Howitt, the chaplaincy's CEO.

"EMC's support has been absolutely invaluable to our life-saving work. It has enabled us to respond swiftly and effectively, providing vital support to those in their darkest moments."

Ms Howitt said that during this time, the chaplains' team had used the Suzuki Vitara vehicle to intervene and offer assistance to 1,415 people.

She said: "This number represents 1,415 individuals who have found hope

in their most desperate times, 1,415 families, friends and colleagues who have been spared immeasurable grief.

"Your contribution has played a direct role in these outcomes, and for that, we are profoundly thankful. Your commitment to the Beachy Head community and your willingness to support our mission truly makes a difference.

"We are blessed that you chose to partner and support our work and we very much appreciate your ongoing dedication to helping us to save lives at Beachy Head. Thank you again for your incredible support."

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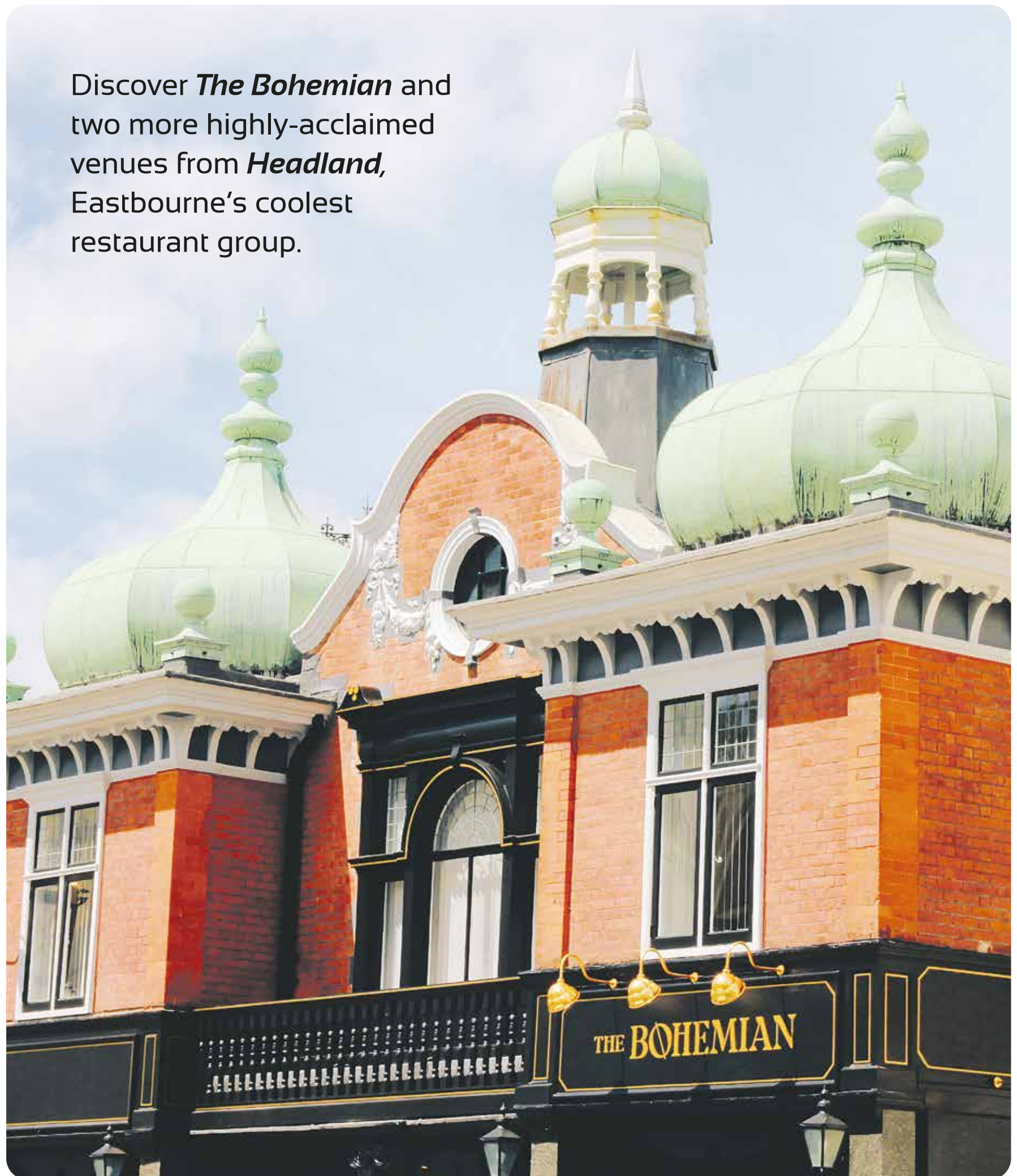
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# Best of Eastbourne

Discover *The Bohemian* and two more highly-acclaimed venues from *Headland*, Eastbourne's coolest restaurant group.







# Eastbourne's dining scene is on the up, and this restaurant group is leading the charge

**WITH three stand-out venues to its name, *Headland* is building quite the reputation for great hospitality, food and drink, in and around Eastbourne.**

By **Peter Lindsey**

**From the 'Best Sussex Pub' to their Scandi-style, skyline restaurant at the *Towner Gallery* we've taken a look inside all three and found out their plans for the summer, including their new loyalty scheme, *The Social Club*.**

**light**

**Towner Gallery, College Road**  
Right at the top of the *Towner Gallery*, this airy venue has

floor-to-ceiling windows, a large roof terrace and epic views of Eastbourne's skyline.

Its design and menu are both Scandinavian-inspired, combining simplicity with sophistication. They use the best local ingredients and, true to the restaurant's name, the dishes are generally light and fresh, which sits perfectly with a visit to the galleries, a movie at *Towner's* own cinema or pre-theatre dining if you're going to a show at the *Congress*, which is right next door.

For lunch, enjoy delicious small plates and Smørrebrød (the famous Scandinavian open sandwiches) or book in for a beautifully designed afternoon tea. On Fridays and Saturdays, see in the evening with sundowners followed by their exquisite five-course tasting menu.

*Light* is open from 12pm Tuesday to Sunday (and bank-holiday Mondays) with pre-theatre and dinner from 5pm on Fridays and Saturdays, and brunch at the weekends from 10am.  
**lighttowner.com**  
**01323 400 170**

**THE BOHEMIAN**

**10 Compton Street**  
*The Bohemian* is Eastbourne's newest and most vibrant live-music pub.

Nestled between *The Devonshire Park Theatre* and the *Winter Garden*, it's right at home in Eastbourne's





**Bohemian****Bohemian****Bohemian**

cultural quarter. Inside its decadent architecture, the décor is eclectic and theatrical, including a West End style crush bar, classic show posters, and baby-grand piano – as well as a cosy snug and a chess table in a quiet corner behind the fireplace.

By day, it's the perfect spot for lunch, board games or drinks overlooking the park – and by night it lives up to its name, with a pre-theatre crowd, great cocktails and live music. There's jazz on a Thursday, big bands on Fridays, DJs every Saturday and live piano or guitar accompanying Sunday lunch. This month they'll also be relaunching their quiz night with a charismatic and eccentric new host, Jonny Lewis, and great-value family-style dining on Mondays.

On the menu you'll find juicy burgers and fish subs (perfect for

a quick bite at lunchtime or before a show) alongside more indulgent dishes like Chicken Kiev, Flat iron Steaks and Fondue.

**bohemianeastbourne.com**  
**01323 415 200**

## THE EIGHT BELLS

### Jevington

Voted 'Best Sussex Pub' in the 2024 *Bravo Awards*, this historic pub is just outside Eastbourne in the first valley of the South Downs and is well known for its great service and spectacular food and drink, as much as its idyllic location and rural backdrop.

It's famous for its perfectly cooked Scotch Eggs, Sunday Roasts and its own take on the Banoffee Pie, which was invented in the village in the 1970s. This month, *The*

*Barn*, their outside barbecue, bar and ice cream stall, re-opens for weekends throughout the summer, serving a host of weekly specials alongside classics like hot dogs and whole rotisserie chickens. They also have great vegan choices and cater for a broad range of dietary requirements.

This pub is perfect for an easy escape to the country by foot, car or bike. To build up that appetite (and burn off the calories afterwards) park at Butt's Brow and take the twenty-minute walk across the hills and through ancient burial grounds, with commanding views across Eastbourne and beyond.

**eightbellsjevington.com**  
**01323 484 442**

**Eight Bells****Eight Bells**

## THE SOCIAL CLUB



*For the pleasure seekers.*

Keep in touch by joining Headland's all-new Social Club. It's free and you'll receive a weekly email with all the latest on menus, music and more, including a weekly members' offer.

Sign up at **www.jointhesocial.club** during May and you'll be in with a chance to win a £100 voucher to use at whichever of the three venues you prefer.

**JOIN TODAY!**





# Dotto

## Eastbourne's mini train

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# Experience a fresh new season at the Hotel Cumberland

AS summer approaches, the *Hotel Cumberland* in Eastbourne is gearing up to welcome guests with exciting upgrades and new offerings.

By **Jamieson Berriman**

**Our dedicated team has been hard at work, completing stylish bedroom refurbishments, enhancing our menus, and investing in our facilities to elevate your stay.**

With significant investment in room renovations, kitchen upgrades, and team development, we are committed to ensuring an exceptional experience for every guest—this season and beyond.

As proud supporters of Eastbourne's thriving tourism industry, we look forward to playing

our part in making this a fantastic summer on the coast.

Discover the new and improved *Hotel Cumberland*—where comfort meets excellence in the heart of Eastbourne.

**01323 730 342**  
**[www.hotelcumberland.co.uk](http://www.hotelcumberland.co.uk)**



# Little Chelsea Health Store

**ALMOST one year in and thriving!**

By **Melanie Beard**

**It's hard to believe, but *Little Chelsea Health Store* is about to celebrate its first birthday this August – and what a fantastic year it's been!**

Since opening, we've been blown away by the warmth, support, and encouragement from our local community. Whether you've shopped with us, recommended us to friends, or simply popped in for a chat – thank you!

Over the past year, we've listened closely to your feedback and grown in ways we're really proud of:

- We've **expanded our product range by over 40%**, adding shelves full of exciting new items based on your requests. Our **free customer ordering service** remains popular – if we don't stock it, we'll do our best to get it in for you quickly.
- Our **refill and zero-waste sections** have been revamped and extended. We now offer more food dispensers for grains, teas, herbs and spices, and have relocated



our toiletries and cleaning product refills for easier access. Bring any bottle – refill, save money, and help reduce waste!

- We've added even more **fresh, organic, and local produce**, now working with two new suppliers to bring you more local seasonal, biodynamic fruits and veg. Customers love the quality, taste, and flexibility of buying just what they need.
- Our **loyalty and refill clubs** continue to grow. Earn points as you shop and enjoy vouchers to spend in-store. Join our refill club to get your 10th refill free!



- We've also opened the **Little Chelsea Health Hub** – a calm, welcoming space for wellbeing. It's now home to a brilliant range of practitioners and workshops covering everything from acupuncture and reiki to astrology and energy healing.

We're excited for what's ahead and would love to hear your ideas. Thanks for an incredible first year – we can't wait to welcome you in store soon!

**35 South Street**  
**Eastbourne BN21 4UP**  
**[www.littlechelseahealth.store](http://www.littlechelseahealth.store)**









# For life's special moments

At Brufords, we understand that your wedding is a momentous occasion - a day when every detail should reflect the uniqueness of your love story. That's why we're proud to offer the ultimate bridal experience.

Situated in The Beacon, Eastbourne, our bespoke, in-store, bridal boutique offers a serene and welcoming environment designed with your comfort in mind. Here you can enjoy a complimentary glass of champagne, whilst you explore our carefully curated selection of engagement rings, wedding rings, and bridal jewellery.

## **ENGAGEMENT RINGS: A PROMISE OF FOREVER**

Cherished emblems of love and commitment, marking the beginning of a shared journey through life, our engagement ring collection is designed to cater to an array of tastes,

preferences, and budgets. Comprising of classic solitaire designs, intricate halo settings, and contemporary styles, our rings are designed to capture the essence of enduring love.

## **WEDDING RINGS: A SYMBOL OF UNITY**

Exchanged as a promise of eternal love, our selection of wedding rings encompasses a variety of designs, from timeless plain bands and modern patterned styles, to those adorned with diamonds. Crafted with care and precision, each ring is designed to be a lasting symbol of your unity.

## **BRIDAL JEWELLERY: ENHANCING YOUR RADIANCE**

Beyond rings, bridal jewellery can add even more magic to your special day. Our collection including necklaces, earrings, and bracelets, is designed to complement your bridal attire.

## **PERSONALISED SERVICE & EXPERTISE**

Here at Brufords, we appreciate that choosing jewellery for life's special moments and beyond is a unique & personal journey. Committed to making your experience with us memorable and enjoyable, our friendly and knowledgeable team of jewellery experts will provide support and guidance, whilst you choose pieces that resonate with your love story.

For more information, or to book an appointment, contact us by telephone on **01323 725452** or by email to **[jewellery@brufords.com](mailto:jewellery@brufords.com)**. Open 7 days a week, our team are available Monday - Saturday from 9.30am - 5.00pm, and Sunday 10.30am - 4.00pm.





**TAYLOR'S Restaurant and Sports Bar** located in Bolton Road, Eastbourne, is a family run restaurant and bar showing multiple live sporting events throughout the year.

By **Mark Taylor**

**We have ten large tv screens and are able to show three live sporting events at any time.**

Many people don't realise that not only are we one of the best venues

for showing live sports but we also offer some of the best food that Eastbourne has to offer.

Our main aim at *Taylor's* has always been to create a venue that offers something for everyone including new additions like live music, interactive darts and more recently our very popular pool table.



We also have some exciting new additions coming to *Taylor's* this May.

These include Sunday carvery's which have been rated one of the best in Eastbourne by several customers. We are also improving the outside of *Taylor's* with a brand new state-of-the-art decking area for our customers to enjoy amazing food and drinks in the summer months.

**What are you waiting for? Book your table now. 01323 731119.**

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By **Vicki Nicol**, Healthcare Consultant

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# 'The best pizzas in town' at Rustico in South Street

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

By **Peter Lindsey**

**So says owner Gavin Lambert: "We are your friendly neighbourhood Italian restaurant, situated in the Town Centre, and open for all."**

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

"We are perfect for family meals, date nights, special occasions and also a group of friends or workmates wanting a night out or meal at lunchtime."

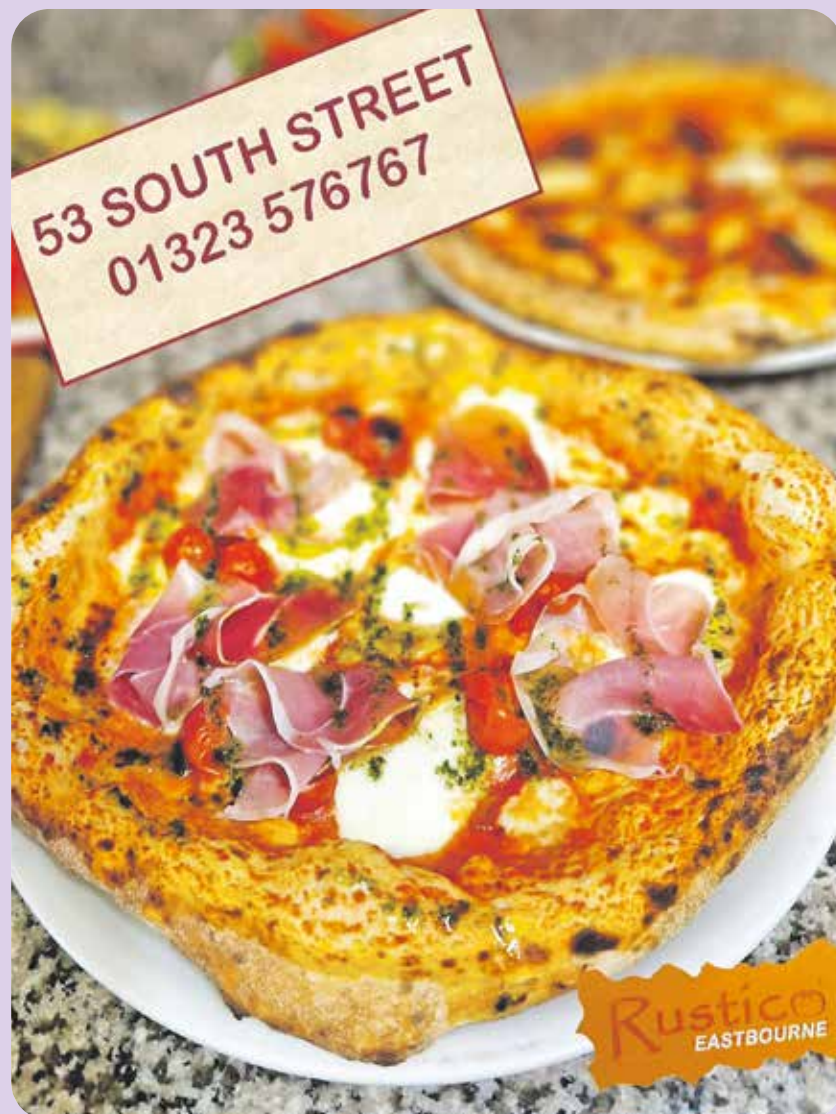
"We have seating for 50 including downstairs, which can be booked as a private function room where you can easily seat 25."

"There's no hire fee for downstairs, which has been fully refurbished."

Rustico on South Street, serves Carbonara, cooked by top chefs and served by friendly and welcoming staff.

"Come and join us," says Gavin. "We look forward to meeting you and serving a meal to remember in a friendly environment."

**01323 576767**  
**<https://hellorustico.co.uk/eastbourne.shtml>**



# 10% OFF

# Rustico Eastbourne

Voucher valid for the whole of May 2025.  
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Voucher valid only for Dine in customers  
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# Fertility Care in Eastbourne: Expert, inclusive support on your doorstep

**FOR anyone considering fertility treatment, choosing the right clinic is one of the most important, and personal, decisions you'll ever have to make.**

**At the *Agora Clinic Eastbourne*, we understand that every fertility journey is unique, filled with hope, uncertainties and challenges, and we are proud to be one of the few IVF centres that is family led and prioritises ethical, patient-centric fertility care.**

We are also known as one of the most inclusive centres in the UK, as inclusivity is not just a word for us, it's a way of life.

Whether you're just starting to explore your options or are ready to take the next step, our team is proud to offer both *NHS*-funded and self-funded fertility treatments in a modern, welcoming environment that puts your needs first.

By **Carole Gilling-Smith**, CEO & Medical Director, *Agora Clinic*

## **World-class fertility treatment in the heart of Eastbourne**

Our ethos centres around tailoring our expertise with humanity and sensitivity, and taking a personalised approach, something we have been doing at our *Agora Clinic* in

Brighton to support family building across the South East for over 19 years. We're delighted to now offer that same full range of services to those living in Eastbourne and the surrounding areas in our new state of the art clinic overlooking

the beautiful South Downs. As one of the region's leading fertility providers, we bring the same high standards, success rates, and values that have made our Brighton clinic one of the most trusted names in fertility care in the UK.

We are also proud to be the **largest provider of *NHS*-funded fertility treatments in Sussex**, offering equitable access to high-quality fertility care across our clinics in Brighton, Eastbourne, and Worthing. Best of all we have no waiting times for appointments or treatment, a rarity in the current *NHS* climate. And because we're local, it means less travel, less stress, and more time to focus on what matters, your wellbeing and family-building journey.







### Inclusive fertility care for everyone

At the *Agora*, inclusivity is at the heart of everything we do. We believe that everyone should have the opportunity to become a parent, regardless of their gender, sexuality, relationship status, or background.

We are proud to be one of the few UK clinics with a dedicated Surrogacy Team and a strong track record in supporting LGBTQ+ patients. Our team specialises in helping individuals and couples navigate donor conception, surrogacy, and fertility preservation options with clarity and confidence.

From solo parents by choice to same-sex couples and trans individuals seeking to preserve their fertility before transitioning, we are here to provide the personalised care and expert guidance you deserve.



### A full range of fertility treatments

At the *Agora Eastbourne*, we offer the same comprehensive range of treatments we have been offering in Brighton including:

- IVF and ICSI
- Intrauterine Insemination (IUI)
- Donor sperm and egg treatments
- Egg and sperm freezing
- Fertility preservation for medical or personal reasons
- Surrogacy support, coordination and treatments

We also provide advanced diagnostics, hormone testing, and fertility assessments to help you understand your reproductive health and explore all your options.

All our treatments are consultant led, and very closely monitored, again something that distinguishes us from many other clinics. We pay attention to every small detail, offering only treatments that are evidence based and our consultants, senior embryologists and nurses meet regularly to discuss the best possible pathway for your individual treatment to be successful.

### Making the journey easier

We know fertility treatment can feel overwhelming, so we've designed every aspect of our care to make things simpler and bring you the best possible support. One of our standout innovations is the **Agora Patient App**, which brings everything you need to manage your journey into one easy-to-use platform.

Through the app, our patients can access appointment details, receive personalised reminders,



communicate with our clinical team throughout treatment, and track treatment progress—all from their phone. It's just one of the ways we aim to reduce stress and help you feel in control throughout your fertility experience.

And of course, our dedicated Patient Support Team is always just a phone call away or message away. From your first consultation to your final scan, we pledge to be with you every step of the way.

### Come and meet us

If you're thinking about fertility treatment, the best way to learn more is to meet our team in person. We regularly host **Open Evenings** at our Eastbourne clinic, where you can explore our facilities, hear from our experts, and ask any questions you may have.

These free informal events are a great opportunity to find out what makes the *Agora* so special; our inclusive ethos, our commitment to personalised care, and our passion for helping every patient feel informed, supported, and empowered.



Whether you're looking into egg freezing, starting IVF, or exploring donor or surrogacy options, we're here to help you understand what's possible and how we can support you.

### Book your place

To join one of our upcoming open evenings at the **Agora Clinic Eastbourne**, visit our website at [www.agoraclinic.co.uk](http://www.agoraclinic.co.uk) or call our friendly team on **01273 229410**.

We look forward to welcoming you and helping you take the first step toward growing your family.





**LIPA'S Lounge** has opened at 72 Seaside Road – next to *Lynns Travel*.

By **Peter Lindsey**

**It's a brand new coffee shop offering quality coffee, homemade cakes, soup, salads, sandwiches and vegan food as well as soft drinks, wine and beer.**

It's bright, has a lovely interior, and the atmosphere is very welcoming.

Filipa is the owner, and she said: "I have always wanted to own my business, and this is the perfect opportunity for that."

"The food and drinks are of the highest quality, and all the food is homemade."

"We are also offering 10 per cent discount of food to Blue Badge holders, they all do such a magnificent job."

"In time, I am looking to host quiz nights, themed evening, baking workshops, and perhaps Board Game evenings. I want to do something a bit different."

"Please come and visit us, you will receive a very warm welcome."

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## The truth about Direct Cremation.....

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Here at Rosedale Funeral Service we only use Eastbourne Crematorium for all our direct cremations, so you can be assured that your loved ones will remain in our care here in Eastbourne right up until the day of the funeral.

Get in touch if you would like to find out more about our low-cost direct cremation service or visit our website at:

[rosedalefuneralservice.co.uk](http://rosedalefuneralservice.co.uk)





# HailshamEye



Cookmere Meals – Meals on wheels service. delivering to your door 365 days of the year.

Call 01323 884274 today.

See pages 42+43 for more on this forward-thinking company based at Lower Dicker, serving the whole of Sussex.





# Spotlight on Cookmere Meals

**OFFERING top quality meals on wheels service seven days a week.**

**So Cookmere Meals is a well-established business on the outskirts of Hailsham.**

It's important to stress they cover the whole of East Sussex, where you live is not a problem.

They help hundreds in the area eat well every day by delivering nutritional, balanced meals to the door.

They connect those in need with freshly cooked, high quality, home-cooked meals, without having to leave the comfort of their home.

Quality ingredients are used to produce delicious and nutritious meals which are brought to the door. The friendly team of drivers get to know their customers.

Care is also taken to ensure the welfare of customers is paramount – the hot meals service includes a free welfare check for extra peace of mind.

By **Steve License**

Having meals prepared can help reduce the risk of malnutrition and social isolation and *Cookmere* takes care to get to know a person's individual dietary needs and tastes.

Most home delivery customers live independently, but, either temporarily or permanently, may need meals cooked for them. This

might be a few meals a week, or seven days a week, 365 days a year.

It could be that because of age, mobility, or illness someone is finding shopping, preparing and cooking meals every day is becoming more of a burden – and that can be a worry for them and their family.

- **We deliver a hot meal every lunchtime to your door.**
- **This is aimed for residents who are unable to leave their home or prepare a meal for themselves. We make sure they are ok and answer the door every time.**
- **Any problems we always notify the office to contact the next of kin.**
- **We are more than a meal! We can take some stress and worry away with our service.**

The friendly team of drivers get to know their customers. Care is taken to ensure the welfare of customers is paramount – the hot meals service includes a free welfare check for extra peace of mind.

Having meals prepared can help reduce the risk of malnutrition and social isolation and *Cookmere* takes care to get to know a person's individual dietary needs and tastes.

All our food is prepared on our site daily by our talented team, giving the kitchen a treasure trove of fresh ingredients on a daily basis. This ensures fresh, seasonal ingredients are used and helps the business take important steps to be environmentally friendly.

*Cookmere* also offers local care home deliveries.

Whether you are in need of a long-term solution or a short-term, temporary provision, we can help!





With a range of meals, desserts and sandwiches available, there is something for everyone.

If you would like any further information about this service, please call us on **01323 884274**, or email us at:

**[orders@cookmere.co.uk](mailto:orders@cookmere.co.uk)**

- **No contract is needed – you can order just once per week if required.**
- **Pay by card or direct debit.**
- **Hot meals delivered all across East Sussex.**



## Save £££s

Cookmere Meals is offering all *Bournefree* readers a special discount of £9.25 for a two-course meal.

Just quote *Bournefree* when setting up the account at

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

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meals

**01323 884274**  
**[orders@cookmere.co.uk](mailto:orders@cookmere.co.uk)**  
**[www.cookmere.co.uk](http://www.cookmere.co.uk)**

- **The service is so important keeping people at home for longer.**
- **We take the worry and stress away for the cost of a hot meal.**
- **We are there checking every day when we deliver the meal and reporting any problems.**
- **All meals are delivered hot.**
- **We can deliver tea time packs with the meal and grocery items such as milk and bread.**





# New SHOWROOM OPEN

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# Community minibus appeal for Hailsham Boxing Club

**SINCE the last issue of *Bournefree Magazine*, Sam Buchanan and his young south of England champion, Alfie, gave a presentation to our local *Chamber of Commerce* at the monthly breakfast meeting.**

By **Steve Wennington**

**The audience were so impressed with the positive change boxing has brought to young Alfie.**

He is absolutely determined to succeed and under the guidance of Sam and his team he has developed a regime of fitness, discipline and skill that has already taken him to unimaginable heights in just two years.

He has his ambition set to become an Olympic athlete, and I wouldn't doubt him.

The purpose of the presentation was not show off his skills or success, but to highlight the need to help others.

Sam, as so many other coaches in this town, give so much to our community and individuals and he is looking to take it further by encouraging other children to join the club, but with the caveat, they study Math's and English at the same time.

He has impressed our local schools and they are keen to support but he needs transport to and from the schools – a minibus.

We are doing all we can to support Sam with this and a crowdfunding

page has been set-up, if you can help, please do.

<https://www.crowdfunder.co.uk/p/minibus-funds>

We are also trying to look at grant facilities with our own grant specialist (Annette Buswell – *stepupsports*), to see how we can make this happen.

If you would like to increase your 'real wealth' you may want to donate to this incredibly worthy cause.

Also, important to note, like so many other volunteers, Sam works fulltime (builder) as well as running this wonderful club. He and his team deserve our support.



Alfie with Sam.

[www.hailshamboxingclub.co.uk](http://www.hailshamboxingclub.co.uk)  
[hailshamboxingclub@gmail.com](mailto:hailshamboxingclub@gmail.com)



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## Hellingly CC

**LAST year, Hellingly had the honour of hosting the Oakshott Cup final, one of the oldest limited-overs competitions in the county, dating back to the early 1920s.**

By **Jarred O'Toole**

**It was a fantastic match between Chiddingly and Herstmonceux. Played in great spirits and featuring some quality cricket, it was Herstmonceux who came out on top to take the silverware.**

Hellingly's Oakshott Cup campaign kicks off with a first-round clash against Waldron CC. The match will take place at Waldron Rec on Wednesday, 14th May at 6pm. Come along to support the team and enjoy some great local cricketing talent!

Although the cricket season is just getting underway, the social calendar



is already heating up. First up was the ever-popular annual *Ten Pin Bowling Tournament* at *Freedom Leisure*, Hailsham. Club legend Anthony Harvey returned to defend his crown from last year, but this time it was 1st XI captain Paul Kirk who rolled his way to victory.

We're always proud to support our sponsors and are looking forward to our next social gathering at *The Gun Brewery* on the 9th of May.

Keep an eye on our socials for updates and come along to join the fun!



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BECOMING a member of the *Hailsham Chamber of Commerce* offers a range of benefits for local businesses and professionals.

By **Gail McKay**

Members have the opportunity to network with fellow chamber members, grow their contacts, and develop mutually rewarding friendships.

The *Chamber* provides a platform for businesses to connect, collaborate, and support each other within the local community. By joining, members can enhance their visibility, stay informed about local business initiatives, and contribute to the economic development of Hailsham.

For more information on membership and to see a list of current members, visit the *Hailsham Chamber of Commerce* website.

**Big Business Breakfast**  
**Thursday, 1st May. 7:30am**  
**Wellshurst Golf and Country Club**  
Kickstart your morning with networking, inspiration, and a delicious breakfast at our next *Big Business Breakfast*. This month, we're thrilled to welcome two fantastic guest speakers:

Donna St-Claire from *Design Lab Eastbourne*, sharing insights into the world of print and how it can elevate your business.

Kerry Knight, Holistic Wellbeing and Reiki Master, discussing the benefits of her services and how they can support your professional and personal well-being.

Don't miss this opportunity to connect with local business leaders, exchange ideas, and gain valuable insights from our speakers!

You can book your place now and be part of Hailsham's thriving business community!

We look forward to seeing you there!"  
[www.hailshamchamber.co.uk/meetings-events](http://www.hailshamchamber.co.uk/meetings-events)

**Chamber Fit Hub Padel Taster & Play**  
**Wednesday, 7th May. 5:30pm – 7:00pm**  
**Padel4All Eastbourne, The Saffrons Sports Club BN21 1EA**  
Join us for a fun Padel taster session designed for all abilities. Whether you're completely new to the sport or have played before. This is a great chance to try something different, get active, and enjoy some light-hearted competition with other *Fit Hub* members.

• All equipment provided.  
• Coaching included for beginners.  
• No experience needed.  
• Bring water and wear comfortable sportswear (tennis/squash or padel shoes are highly recommended, if you don't have those, avoid worn-out running trainers – the hard sole gives much better grip on court).

- All equipment provided.
- Coaching included for beginners.
- No experience needed.
- Bring water and wear comfortable sportswear (tennis/squash or padel shoes are highly recommended, if you don't have those, avoid worn-out running trainers – the hard sole gives much better grip on court).

Spaces are limited to 16 people, so booking is essential. Come along, give it a go, and see why Padel is one of the fastest-growing sports in the UK.

**The Wealden Business Expo**  
**Thursday, 10th July. 10:00am – 3:00pm. East Sussex National Hotel, Uckfield**

Join *Ashdown Radio* and local Chambers of Commerce for this unmissable event showcasing the best businesses in Wealden.

- Connect with a wide range of local businesses.
- Explore networking opportunities to grow your business.
- Discover exciting products and services from exhibitors.

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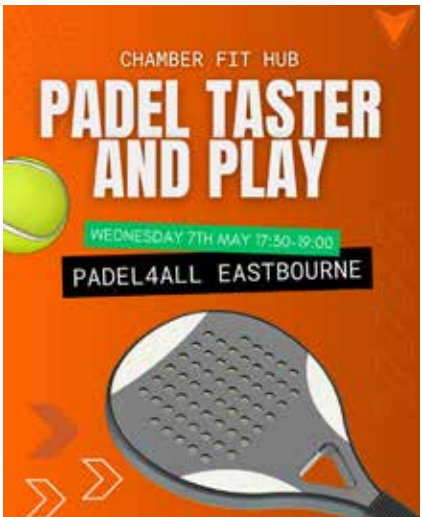


**Crowborough & District Chamber of Commerce.**  
**Heathfield Chamber of Commerce.**

Whether you're a seasoned professional or a new entrepreneur, this expo is the perfect place to collaborate, innovate, and elevate your business.

Reserve your spot now! For more information, visit:  
[www.ashdownradio.com](http://www.ashdownradio.com) or contact the *Hailsham Chamber* directly.

Let's showcase the strength of our local business community!



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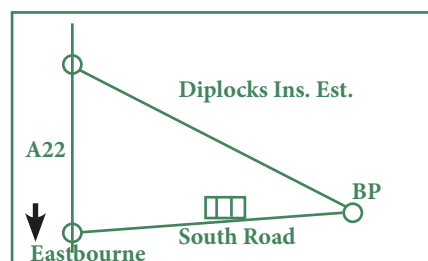
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# Charity's big thanks to Alec and Betty

**THE *Eastbourne Area Community First Responders* is a marvellous charity providing a much needed service.**

By **Peter Lindsey**

**Members are volunteers-trained and dispatched by the *South East Coast Ambulance Service* to provide a First Response to 999 emergency calls.**

Now – at its recent AGM – the members thanked Alec and Betty Stephens as the pair are stepping back from their roles within the charity.

The pair joined the group more than five years ago after the demise of *Eastbourne Lions* to continue the work around the town's *Defibrillator Partnership*.

Since then, Alec took on the roles of head of fundraising and chair of trustees and creating a team of *Friends of the Responders*.

This not only increased the team's presence but through donations collected locally could increase

the number of public accessible defibrillators.

Team Leader Richard Bradford said: Alec's work over the years in fundraising and placement of defibrillators in the Eastbourne area has resulted in lives saved and local people still being with us due to his actions.

"His team of volunteer fundraisers has meant the *First Responders* has been able to spend more time responding to patients while still being in a good financial position."

Betty, the group's treasurer, will step back from her role later in the year.

Alec said: "It was a privilege to collaborate with the *First Responders*, as their cause is truly meaningful.

"Fundraising proved to be straightforward, thanks to the community's recognition of the invaluable work the *First Responders* do.

"Both the town's residents and grant providers clearly appreciated their efforts."

*First Responder* Dan Dunbar was elected new Chair of Trustees.



Alec and Betty Stephens with the trustees of Eastbourne Responders.



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# Sussex Footcare leading the way with fungal nail treatment

**FUNGAL nails: What they are, why they happen, and how to treat them.**

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

**Sussex Footcare have been treating fungal nails for three generations and continue to treat them daily in clinic. Most people tend to book an appointment after trying some over the counter product which on the packaging claims to solve all problems. However, we at Sussex Footcare know that these products alone won't work.**

Most of our patients come to us in desperation and let's face it often when more than one nail is involved. In an ideal world people would come to us when the signs of Fungal nails first appear, and we can offer the right advice and treatment.

Fungal nail infections, also known as onychomycosis, are a common, often frustrating problem that affects millions of people worldwide. They often make the nails look thickened, discoloured, and sometimes crumbling nails, this condition is more than just a cosmetic issue. It's a persistent infection that can worsen without proper treatment. In this Article, we will break down what fungal nail infections are, how to recognise them, what causes them and the best ways to treat and prevent them.

## What are fungal nail infections?

Fungal nail infections occur when fungi, most commonly dermatophytes, invade the nail bed, plate or surrounding skin. These microscopic organisms thrive in warm, moist, damp environments so it's no surprise that our feet are particularly Vulnerable!

Infections usually start on the skin and some people often get flaky skin which they believe to be hard skin however under a dermatoscope we can see the signs of Tinea pedis a fungal skin infection starting. Most patients tend not to visit us until the nails start looking bad however we have a simple treatment solution for the skin to prevent a fungal nail from starting.

## Common signs and symptoms

- Yellow, white, or brown discolouration
- Thickened or distorted nail shape
- Brittle, Crumbly or ragged nail edges
- Odour like smell coming from under the nail
- Flaky skin
- Itchy skin
- Maceration in-between the toes
- Lifting of the nail from the nail bed

## What causes fungal nails?

There are several factors which increase the risk of developing a fungal nail infection.

These are usually environmental issues which can be adapted when identified. Most commonly it is seen in sports people such as golf and bowls players. When playing golf, you go into the wet grass and the foot gets damp and whilst you continue to play the foot gets warm creating a perfect breeding ground for fungal to develop. Most players will then put their golf shoes in their locker or bag and leave them there until they play next. This is a perfect example of how we can change a few bad habits to create better foot health.

Poor foot hygiene is another major risk. When we have a shower or bath



most people will not dry between their toes and as water has a natural bacterium to it, this can build up in-between our toes and cause we all most commonly known as athletes foot, which is a major driver in people developing fungal nails.

Another factor is work, whether you work on a building site or work from home you are at risk of developing fungal nails. When working from home people get comfortable with their slippers on and this gets nice and toasty which is great from a comfort point of view: but also lovely for the microorganism that are loving living on your skin!

Some things we can't change which we call non-environmental variables. These include diabetes, immune

A podiatrist can help identify if it is a fungal nail or whether it might be another systemic condition. We are trained in dermatology, and we continue to attend events on dermatology so we can continue to stay in touch with the leading research. In some cases, we may send a nail clipping off for lab testing which is called microscopy and culture. This will help us understand what fungi is involved and then we can use targeted treatment on. It will also rule out any other differential diagnosis such as psoriasis and eczema.



## When to see a podiatrist?

If you notice any change in colour or appearance of your nails, then a consultation for reassurance would be beneficial and stop you wasting money on products which will not work. Likewise, if you start developing athletes' foot or itchiness on the skin then this is a great time to see a podiatrist to stop the issue getting any worse. The good news is that with early intervention the better the prognosis will be. If you have tried and failed with over-the-counter products or are developing any of the symptoms above, then what are you waiting for contact us at Sussex Footcare, don't wait – consult with us and take the first step toward clearer, healthier nails.

**07830 417007**  
[andrewalbon@yahoo.co.uk](mailto:andrewalbon@yahoo.co.uk)  
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[www.wisdomlaw.co.uk](http://www.wisdomlaw.co.uk)



# Stress – don't be hard on yourself

**HAVE** you ever noticed how often we tell each other how busy we are?

By **Mark Killick**

**Most of us are busy with very important things to do, but why the need to 'advertise'. Stress was designed to be short-lived, Our bodies don't cope with constant stress and go into shutdown.**

- You don't digest your food properly.
- You start to put on fat, especially around the middle.
- Your immune system becomes disrupted, leading to long-term health conditions.
- Your sleep becomes disrupted, as your hormones change.
- Sex drive decreases as stress hormones are produced in preference to sex hormones.
- Your reasoning, anger control, judgement and attention are impaired.
- You become anxious and depressed.

### Three ways to help your body combat stress

#### 1. Eat a stress buster diet

- Complex Carbohydrates – Replacing refined carbohydrates like white bread, cakes and pasta with complex carbohydrates such as wholegrains and vegetables.

- Omega-3 fatty acids –for brain function.
- Herbal teas – Switch from stimulating coffees to soothing herbal teas.
- Dark leafy greens – Green leaves like spinach and chard increase the mood enhancing brain chemicals, serotonin and dopamine.

#### 2. Take supplement support

- Magnesium – Healthy magnesium levels enable your muscles to relax, and aid sleep.
- Omega-3 fatty acids –beneficial effect on anxiety and inflammation.
- L-theanine – to increase relaxation, reduce stress and keep you focussed.

#### 3. Practice mindfulness

- Let go of your thoughts and simply observe your breath as it enters your body and fills you with life.

Stress is a killer and doesn't need to be something that we have to endure.

For more information on my one day stress buster courses, please contact me on [mark@mknutrition.co.uk](mailto:mark@mknutrition.co.uk)





# How do we plan our walks?

I'M often asked how walk leaders plan their walks. Walk leaders will, of course, have their own preferred method but I usually start by letting someone else do the work!

By **Gill Mattock**

**This may involve browsing through a book of walks (of which I have many) or a walking magazine, a web site, or a leaflet I have picked up from somewhere.**

Then I need to check the mileage on an ordnance survey map and amend the route if necessary to meet the mileage requirement as well as thinking about where to park and where suitable lunch and coffee stops might be.

Next we head off to try it out. This is where it gets interesting when paths that are so obvious on a map then prove difficult or impossible to find on the ground and you wish you'd bought the secateurs to hack your way through the undergrowth. I should own up here and say that it isn't always the fault of the terrain – it is all too easy to miss a path when chatting and not looking at the map often enough. In both cases a 10 mile recce can often turn into 14 or more as we try to get back on track!

Other leaders decide they want to walk in a particular area, look at the map and work out their own route from the marked footpaths. They then meet the same problem described above!

A third method relies on a piece of string! Imagine a piece of string 10 miles long and knotted to make a circle. Apparently you then just drop it on a map and make it fit the footpaths! But you still have to recce and overcome the challenges of impenetrable paths and too much chatting!

If you don't fancy playing with maps but prefer technology then you could try using the *Ordnance Survey* app to plan, plot, recce and lead walks. A basic version of this is free to use or a much more sophisticated one is available on subscription – worth every penny if you are a regular Rambler.

If you haven't tried one of our new Saturday walks yet, why not come and Explore *Abbott's Wood* with us on May 17th. This is a 7 mile walk starting at 9:30am which hopefully will catch the end of the bluebells – details on our website: [www.polegateramblers.org.uk](http://www.polegateramblers.org.uk) or email: [polegateramblers@gmail.com](mailto:polegateramblers@gmail.com)

**Useful websites are:**  
<https://fancyfreewalks.org/ESussex.html>  
<https://www.eastsussex.gov.uk/leisure-tourism/discover-east-sussex/walks-east-sussex-map>  
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We work with academic partners and respected leaders in the field, to ensure we stay up to date with the latest approaches to dementia care. We have worked closely with the Association of Dementia Studies to create bespoke programmes of dementia training. Whilst Dr Nori Graham - a renowned dementia expert and Vice President of Alzheimer's International - supports the development of our dementia strategy with Suzanne Mumford, a Queen's Nurse and Head of Nursing, Care and Dementia at Care UK.

## Living well with dementia

Our dedicated team will work with you and your loved one to deliver a care and lifestyle plan entirely tailored to their unique needs and preferences and our busy activities schedule is always

packed with meaningful activities that support them to live life to the full.

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Bowes House care home in Hailsham is part of Care UK, the country's most awarded large care provider. We've been delivering high-quality, person-centred care for over 40 years. That's why over 9,000 families trust us to care for their older loved ones.



To find out more about Bowes House, call **01323 886719**.

**Bowes House**  
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**[careuk.com/bowes-house](https://careuk.com/bowes-house)**

**care UK** 





# Seasonal offers now in store

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

By **Peter Lindsey**

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

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

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

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

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

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

## Get ready for Spring!

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

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

“Come and pay us a visit.”

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



# Pier to Pier walk ending in Eastbourne

**IN September 2020, Scott Oughton-Johnson created *The Proper Blokes Club*, a space for men to speak about their mental health, while going on walks together through London.**

By **Peter Lindsey**

**Scott says the amazing support given to each and every group member is amazing – “We can bring someone back from the brink with a chat, some support and lending a non-judgmental ear.”**

Now, to mark *Mental Health Awareness Week*, which takes place from Monday 12th – Sunday 18th May, Scott, together with fellow director of TPBC, Ed Gibson have organised a non-stop walk from Deal Pier in Kent to Eastbourne Pier. That’s 85 miles.

## Raising awareness

Scott said: “This walk is not only a physical challenge, but also a chance to raise awareness about the importance of mental health, especially among men. Too often, men are reluctant to talk about their struggles, and this challenge aims to break down those barriers. By walking together, we will highlight the power of conversation and support in improving mental wellbeing.

## Positive impact

“Exercise has long been known to benefit physical health, but it also plays a crucial role in supporting mental health. The endorphins released during physical activity can help reduce stress, anxiety, and depression. This walk is a reminder of how staying active can positively impact both mind and body.



**Scott Oughton-Johnson and Ed Gibson.**

## Creating safe spaces

“We will be walking to raise funds that will directly support *The Proper Blokes* in their work, helping to create safe spaces for men to share their mental health experiences and find support. Your donations will make a real difference in spreading this important message and providing vital resources for men in need.”

To donate, please visit:

**<https://www.gofundme.com/f/pier-to-pier-challenge>**

**[www.theproperblokesclub.co.uk](http://www.theproperblokesclub.co.uk)**  
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# Patterson Gallery (formally newartgallery)

**FOR many years Peter ran a successful printing business in Essex.**

By **Gail McKay**

**His interest in art and galleries began when he started printing commercial exhibition catalogues.**

After retiring, he moved to East Sussex and opened his own galleries in Alfriston then Hyde Gardens in Eastbourne.

## New gallery

When Covid temporarily set back his gallery enterprises, he created a series of 'pop-up' exhibitions at the *Lansdowne Hotel* in Eastbourne. This successful partnership led today to the opening of his new gallery 'The Patterson Gallery at the Lansdowne'.

All are welcome to this exciting new exhibition space which launches on May 3rd/4th/5th.



Showing artist from Sussex, Kent, Essex, London as well as local artists.

**07970 549873**  
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**The Patterson Gallery  
at the Lansdowne  
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Eastbourne BN21 4EE**



# Postcards and Postscripts

**GROWING up in the 1950s and 60s.**

By **Gail McKay**

**Adrian Chappell's recently published book, *Postcards and Postscripts* is a semi autobiographical project combining his writing and paintings. Each one has a story blending personal experiences with key events in the world.**

## Intensive process

Creating the book was quite an intensive process. Adrian and the team spent hours poring over coloured end papers, foil blocking fonts and paper stocks, and he's really pleased with the final result.

Published by *Custard Design*, they are signed, limited edition, hardback books, beautifully assembled, to give this expansive project a well-deserved resolution.

He'll also be showing some previously unseen work at the Eastbourne *Open House* event on the 14th/15th of June. Peter Patterson will be hosting this at his new home, *The Patterson Gallery at the Lansdowne Hotel*.

Adrian's work has mostly reflected modern history. He uses montage,

powerful composition and bold colours to give maximum impact with his paintings.

The work is fearlessly graphic in its style, and the characters and imagery are instantly recognisable.

## Nostalgia hit

It's a complete immersion in British culture and history, a genuine nostalgia hit for those who were around, and an absorbing glimpse into another time for those who weren't.

## POSTCARDS & POSTSCRIPTS



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By **Emily Sander**

**Whether you're passionate about spinning, weaving, felting, textile art, knitting, or more, *Fibre Fest* has something for everyone.**

Explore an array of suppliers, makers, workshops, and demos that showcase the magic of textiles. Here's a glimpse of what's in store:

## Meet the Makers

### Beth Power of *Dotty Textiles*

Beth, a talented embroidery and textile artist from East Sussex, is renowned for her intricate and whimsical creations. Using layers of pre-printed cotton fabrics, she crafts enchanting landscapes through embroidery and embellishment. At *Fibre Fest*, you'll find Beth's beautiful embroidery kits, original textile artwork, and a curated selection of sewing tools and fabrics—everything you need to create your own masterpiece!

### Mary Cushing of *textileshed*

We're thrilled to welcome back Mary, known for her exquisite natural dyes made from plants, fruits, and

vegetables. Using these vibrant dyes, she creates stunning ribbons, scarves, paper, and more. Catch Mary's live natural dyeing demonstrations at 11:30 AM and 2:30 PM, and discover how to transform flowers, food waste, and foraged plants into permanent, natural colours for fabrics and fibres.

### Vivienne Kilby of *Wild Roots Textile Art*

Textile Artist, Vivienne will be exhibiting at *Fibre Fest* for the first time this year. Vivienne is heavily influenced by the nature around her. Her work involves free motion embroidery and hand embroidery with varying techniques, appliqué and wet collage.

### Get creative at *Fibre Fest*

A key feature of *Fibre Fest* are the creative workshops which always produce some impressive results.

This year, **Marilyn Willis** will be running a great workshop where you can embroider a handkerchief using vintage buttons and lace. You can also immerse yourself in the creative world of basket weaving with **Kay Hilton**.



Beth Power.



textileshed.



Vivienne Kilby.



Coker and Clarke.



Find out more here:  
[www.facebook.com/SussexCraftandDesignFair](https://www.facebook.com/SussexCraftandDesignFair)

[www.enterprise-centre.org/events](http://www.enterprise-centre.org/events)

**Fibre Fest – All Things Textile**  
**Saturday 17th May, 10am – 5pm.**  
**Enterprise Shopping Centre**  
**Station Parade**  
**Eastbourne BN21 1BD**

[www.enterprise-centre.org](http://www.enterprise-centre.org)



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'Dad' Will Davie, Winner.



'Baba Yaga's Hut' Winifred Buckwell, Winner.



'Fellchaser' Amelie D'Arcy: Winner, Judges Award.

# Is your secondary school wonderfully surreal?

**FARLEY Arts Trust** is delighted to launch its second *Wonderfully Surreal Art Competition* for students taking GCSE or A level visual arts subjects at state schools in East Sussex. inspired by the life and work of Lee Miller.

By **Gail McKay**

**The theme is Strange but Familiar and the students are invited to draw inspiration from the artistic legacy of both Roland Penrose and Lee Miller.**

To take part in the new *Wonderfully Surreal* the young artists are invited to submit a photograph taken by themselves of an art work in any media which they have created in response to the theme *Strange but Familiar*.

The fifteen winning students will be awarded a career-defining opportunity to have their photograph printed in large format and exhibited at a local arts venue where there will be a private view for the exhibition *Wonderfully Surreal – Strange but Familiar*. A catalogue illustrating the winners' art works. The winners will be offered a free,

artist-led workshop and there will be another workshop for teachers whose pupils have participated.

## How to enter:

- If you would like your school to enter please contact Sam Martin, Farley Arts Trust Education Manager at [sammartinart25@gmail.com](mailto:sammartinart25@gmail.com) to sign up to our mailing list and request an education pack.
- Please be aware that all applications must be made by a secondary school teacher and not directly by the student or parent.
- The deadline for digital entries is 28th June 2025.

For further information about the Farley Arts Trust please visit: [www.farleyartstrust.co.uk](http://www.farleyartstrust.co.uk)

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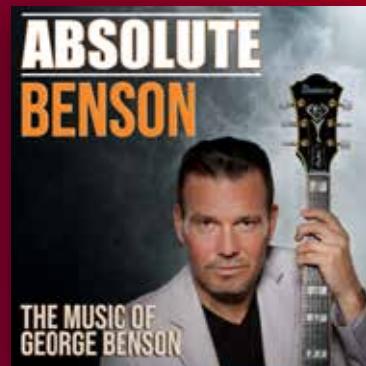
Royal Hippodrome Theatre



Absolute Bowie  
Friday 16 May



80s Live!  
Saturday 17 May



Absolute Benson  
Sunday 18 May



Karl Loxley  
Saturday 24 May



Dirty DC  
Friday 30 May



P\*ssed Up Panto: Sleeping Beauty  
Saturday 31 May

Box Office 01323 802020 | [royalhippodrome.com](http://royalhippodrome.com)  
106-114 Seaside Road, Eastbourne, BN21 3PF





# Green and pleasant

**IN May the days are longer, hopefully warmer and there is plenty to do in the garden, greenhouse and vegetable plot. Perhaps begin to tidy and cut back your spring plants, planting out flowers and vegetables for summer and maybe preparing for autumn, sowing seeds and planting out chrysanthemums. The weather can sometimes catch us out though, so keep an eye out for, unpredictable changes from mild spells to low temperatures and chilly winds.**

By **Geoff Stonebanks**

**All gardening advice has to be adjusted though to consider the weather. Each Spring brings different weather from the previous year. Hopefully we should be frost free by the end of the month, but it is always an idea to have a fleece or cloche handy. With the world-renowned flower show later this month, May is the time we hear those immortal words, "Chelsea Chop" time. It is great method for stopping some plants getting too big and leggy, and with others, staggering their flowering times.**

## Driftwood opening 2025

2025 has been quite challenging so far. As you read this, I will be recovering from replacement knee

surgery. It's going to be frustrating in the coming weeks not being able to do what I want out in the garden. I worked very hard, up to being admitted into hospital, to get the garden as ready as I could. *Driftwood* is open, by arrangement only, from 1st June through until the 3rd August! That said, I would encourage visitors to book from mid-June onwards, as my expected 6-week recovery concludes then and hopefully I will be a little more mobile. I hope to have some trusty help on hand if I am still in difficulty. Email [visitdriftwood@gmail.com](mailto:visitdriftwood@gmail.com) to arrange a summer visit.

## National Garden Scheme

There are a couple of brand-new gardens opening for the scheme this month. First up is *Kotamki* in Tootingworth Park, Broad Oak, near Heathfield on Saturday 17th May from 10am to midday with entry

£12 and children £6. Pre-booking is essential, at [www.ngs.org.uk](http://www.ngs.org.uk). A talk by the owners about the garden will take place at 10:30am. This is a large creatively planted garden featuring a long double border within yew hedging, rockery, shade garden, exotic garden, pot garden, wildflower meadows, and kitchen garden. There is an emphasis on continuity of interest via imaginative mixed plantings.

Secondly, we have *The White House* in Redbridge Lane, Crowborough opening both days on the weekend of the 17th and 18th May from 11am to 4pm with entry £6. Sitting high on a hill with 180-degree panoramic views, overlooking the downs for 25 miles in an area of Outstanding Natural Beauty. The main garden has been redesigned to incorporate the borrowed landscape with herbaceous borders in a cottage garden style and see the moongates in the walled kitchen garden.

96 Ashford Road in Hastings opens on 3 Saturdays in May, 10th, 17th and 24th from 1pm to 4:30pm with entry £4. This is a small (100ft x 52ft) Japanese inspired front and back garden which is full of interesting planting with many acers, azaleas and bamboos. See over 100 different hostas, many miniature ones. Don't miss the attractive Japanese Tea House and courtyard with fish pond and the new Japanese bridge and pond in the lower garden too.

## Chelsea Chop

Most gardeners will have heard the phrase, the Chelsea Chop, but what is it and what does it mean? It's a pruning technique used at this time of the year which helps to control and limit the size and flowering season of many herbaceous plants. According to the *RHS*, there are three suggestions

or methods to ensure the Chelsea chop is effective. Which method you choose will depend on the type of plant, how big your plant clump is and the effect you want to achieve.

- Clumps of perennials can be literally be chopped back by one third to a half, using shears or secateurs. This will delay the flowering until later in the summer and keep plants shorter and more compact.
- If you have several clumps of one plant, try cutting back some of them, but leaving others. This will prolong the overall flowering time as some will flower early and the others later.
- Another method is to cut half the stems back at the front of an established clump, which will extend the season of flowering rather than delay it.

## Summer annuals

For a successful summer bedding display in containers, why not try a trick passed on to me by my Aunt, many years ago, to help prevent them drying out too quickly. She always lined the base of each one, especially the smaller ones, with some aluminium foil, to create an inner saucer that will always retain some moisture and avoid plants drying out too quickly. I've used the tip year on year and it works for me.

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

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



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