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Eastbourne's Old Town brings
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07/25 **Issue 061**
July 2025

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**Our next edition will be
 distributed from August 1st.
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Summer has arrived

SUMMER has well and truly arrived in Eastbourne – the Tennis has come and gone, now we await the wonders of *Airbourne 2025*.

By **Peter Lindsey**

The look of our Town Centre and seafront has been the subject on much debate, in particular *Victoria Place* and *Carpet Gardens*.

Victoria Place is undergoing what can only be described as a massive transformation. The problem is the work is taking – and was always going to – a very long time, and it should all be complete and ready by Christmas.

I'm sure that will be the case – it's just all the chaos and upset that has been caused by the works.

The *Carpet Gardens* is another issue in hand – well it's no longer the *Carpet Gardens*.

Crowds have often flocked to the *Carpet Gardens* on Eastbourne seafront to view the tens of thousands of dazzling flowers planted there.

That is no longer. *Eastbourne Borough Council* said it was "moving with the times" and has chosen plants to help reduce its carbon footprint this year.

Before the redesign, the flowerbeds had to be replanted twice a year, which the council said was costly and wasteful.

Now the renovation – led by Sussex-based landscape and garden designer Peter Thurman, who has trained and taught at *Kew Royal Botanic Gardens* – will 'provide a stunning year-round display' and will 'significantly' promote greater biodiversity.

They are the words of *Eastbourne Borough Council*. We must all wait and see but it has certainly split opinion – many locals are very upset indeed that the *Carpet Gardens* have gone.

Back to *Bournefree*, and another month of the team being out and about meeting some great people

in Eastbourne, Hailsham and the surrounding areas. We love it!

I went to meet Councillor Margaret Bannister in the Mayor's Parlour – she's our new Mayor and she will be just great. Kind, warm and a genuine love of Eastbourne.

I also paid a visit to meet Rev Arwen Folkes, who's now been at the helm at *St Mary's Old Town* for 12 months.

And what a difference she is making, another genuinely inspirational person making a positive difference in our town.

Finally, special mention of *Eastbourne Sanctuary* receiving *The King's Award for Voluntary Service* at a ceremony in *Eastbourne Town Hall*.

Another great charity doing great work, making such a difference to people's lives.

A great month – roll on *Airbourne* in August!



CGI of how the council says the gardens will look once the new plants have flowered.

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Airbourne 2025 is coming...

NEXT month sees *Airbourne 2025* – and again what a wonderful boost it will be to our economy.

By **Peter Lindsey**

First, news that *The Royal Navy Black Cats Helicopter Display Team* will be making a long-awaited return.

The award-winning duo of Wildcat HMA2 helicopters will display aerobatics across all four days from 14th – 17th August.

The team last displayed at *Airbourne* in 2011.

Next, here's *Eastbourne Borough Council's* Lead Member for Tourism & Place, Cllr Jenny Williams:

"*Airbourne* is shaping up to be another incredible year and we are delighted to be welcoming the *Royal Navy Black Cats* to this year's flying programme with what is sure to be an impressive display of agility and precision.

Raising important funds

"We do need your support however to keep the show flying and there are many ways to do this from booking seating and hospitality to



Image: Chris Heal.

buying a programme or donating online – all raising important funds for the flying displays.

"It really is a simple way to support the show and make it a fantastic day out to remember!"

Full throttle live music

In the evenings, *Eastbourne Bandstand* will host tribute shows to the Spice Girls, Queen and ELO, or for the ultimate Top Gun experience, a brand new *Afterburn Party* will bring full throttle live music to the

Town Hall at an official after party organised by *Eastbourne Music Fest*.

Airbourne 2025 is supported by *Brufords*, *Cloud Connx*, *Eastbourne Chamber of Commerce*, *Eastbourne Hospitality Association*, *EDEAL*, *Elite Medical*, *Environment First*, *Euro Self Drive*, *idverde*, *Lansdowne Hotel*, *More Radio*, *Pureprint*, *PRG Marketing Communications Ltd*, *Stagecoach*, *Trafalgar Theatres* and *The View Hotel*.

www.EastbourneAirshow.com

Coach responds to ADHD report

Hailsham-based ADHD coach and founder of *Nic Gray & Associates*, Nic Gray, is calling for urgent action after the release of the *Independent ADHD Taskforce's* landmark report on ADHD services in England.

By **Peter Lindsey**

The report, published on 20th June 2025, confirms what many neurodivergent people have been experiencing for years: widespread underfunding, long wait times, and a system that often leaves individuals unsupported. Some *NHS* waiting times for ADHD assessment are now reaching eight years.

Nic Gray, an ADHD coach with lived experience, has broken down the 20+ page report into a clear and accessible summary to help the public understand what it means.

"This report puts it in black and white," said Gray. "ADHD is not just a health issue, it affects education, employment, and mental health. We urgently need



needs-led support, not gatekeeping behind diagnosis waitlists."

Nic's blog post — "*ADHD Taskforce Report 2025: What You Actually Need to Know*" — is now live online, offering a plain-language overview of the most urgent points and what they mean for people on the ground. To view the post visit:

<https://www.nicgray.co.uk/adhdcoach/category/adhd>

"If you're waiting, self-diagnosed, a parent, or trying to stay in work, this affects you," she adds. "And this report gives us something to point to when demanding change."

After years of pushing through without understanding why things felt harder than they "should," Nic discovered she likely has ADHD and everything started to make sense. That realisation lit a fire in her, to advocate for a different way of working: one that rejects hustle culture in favour of sustainability, strength, and self-awareness.

Nic Gray is the founder of *Nic Gray & Associates* — a multi-award-winning business support agency dedicated to helping entrepreneurs thrive without burning out.

nic@nicgray.co.uk
07495 043408



First Serve is now open

FIRST Serve is the new café at Old Town Recreation Ground – and it really is worth a visit.

By **Peter Lindsey**

Once you've seen what Craig and his team have to offer, you will probably want to go regularly – it really is that nice.

There is new indoor seating (maximum 24) as well as outside and it's open seven days a week from 9am until 4pm.

Owner Craig Wells said: "We have completely transformed what used to be the sports pavilion on Old Town Rec.

"We have worked with the borough council and I'm really pleased what we are offering.

"We have also renovated two public toilets as part of Eastbourne's Community Toilet Scheme.

"We are already popular with dog walkers – it's the best community in Eastbourne – and we are family-friendly.

"We pride ourselves on selling homemade products – cakes, sausage rolls, soup, jacket potatoes, full English breakfast and so much more, including affordable ice cream.

"All our produce is locally sourced, and our coffee is amazing.



"We are a great meeting place for people who are going onto the Downs or coming back after a walk. Retired people also come to us as well as mums or dads on the school run with the playground here as well.

"We also run our tennis sessions here with Set2Win – again they are very affordable.

"There really is something for everyone."

Craig and his team will be delighted to see you.

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set2win@gmx.com



You Raise Me Up news

WE are hoping to start running our support groups again soon.

By **Simon Cosham**, You Raise Me Up

This will be for new and existing families to feel that they would really benefit from being able to speak to others who unfortunately know how they feel.

We have had both Mums and Dads reaching out who tell us that they would appreciate support groups and to connect with other families.

Safe Space

The support groups will be a safe space and open to all, including new and previous families, where everyone can benefit by sharing experiences, thoughts, and feelings with others. If you think you would be interested in taking part once they start running again, please contact Lucie on: **lucie@youraisemeup.co.uk**

One-to-One

We continue to offer one-to one counselling, regardless of if you are a new family or are a treasured previous family, and feel that you would like some more support at any time.

Fundraising

Our Golf Day plans are now on full swing and is on Friday 29th August at Royal Golf Club, Eastbourne.

The day starts at 9:30am with bacon rolls and a coffee, then a shotgun start at 11am and finally a two-course meal around 5:30pm.

If you are interested in putting in a team, sponsoring a hole, volunteering on the day or even sponsoring the whole event then please get in touch by emailing **simon@youraisemeup.co.uk**

You Raise Me Up receives no government funding and relies entirely on the support of the local community including corporates and we couldn't do it without you!

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Little corner of sporting heaven

IT'S extra special for us at *Students of the Game*, as it was in summer 2023 that we opened the doors to our new shop at the top of South Street.

By **Joe Walton**

Thanks to the support of the people of Eastbourne – especially our cherished regulars – and a lot of hard work, the shop has grown and improved incredibly over those two years.

The rails have never been as full as they are now. Our collection of

football shirts covers teams near and far, spanning decades of style.

We also have a bigger and better range of sports gifts and memorabilia than ever before – and it's improving every week.

Summer is the perfect time to pop in and see what's new (or old).



If you fancy a browse, the rails are full of colourful football shirts, basketball vests, and T-shirts perfect for this time of year.

If you fancy a chat, there's some wonderful sport on the horizon, including the *Women's Euros*, the *Open Championship*, and *Wimbledon*.

I'm proud to say that our little corner of sporting heaven has become more than just a shop.

Together, we've created a place to reminisce, discover, and share a passion for the games we grew up

with. Sharing stories and sending people off happy with the latest addition to their collection is a real joy.

Everyone at *Students of the Game* is incredibly grateful to everyone who's supported us over the last two years. That support will, hopefully, keep us going from strength to strength for years to come.

Here's to two years – and to a great summer ahead.

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Pop-Up Park Returns

We're thrilled to announce the return of the Pop-Up Park to Victoria Place, in collaboration with local traders, councils and partners. Join us this summer for live music, alfresco dining and fantastic shopping, and help bring this vibrant part of town to life.



OPENING DAY SAT 26TH JULY BELGIAN CAFE STAGE

2–4pm The ABBA Girls
5–7pm Tom Fitzpatrick

SAT 2ND AUGUST QUALISEA STAGE

2–4pm Court Brothers
4:30–5:30pm Ultimate Amy Winehouse and feel good party hits
6–7:30pm Elvis Tribute – Andy T King

SAT 9TH AUGUST QUALISEA STAGE

2–4pm Hunky Dory – Bowie Tribute Band
5–7pm John R Lane – Neil Diamond Tribute and country classics

SAT 23RD AUGUST BELGIAN CAFE STAGE

12:30–1:30pm Jade Powers
2–4pm Steve Dunnett
4:30–6:30pm The ABBA Girls

SUN 24TH AUGUST BELGIAN CAFE STAGE

2–5pm Vo Retro presents 'Dancing in the street' – Motown and Northern soul

SAT 30TH AUGUST BELGIAN CAFE STAGE

2–4pm Watson Brothers
5–7pm Nightflame – Rock and pop feel good party

SUN 31ST AUGUST QUALISEA STAGE

1–3pm Sound of the Crowd
4–6pm Helen Ward Jackson – Ultimate Diva set

GRAND FINALE TUE 2ND SEPTEMBER QUALISEA STAGE

1–3pm Georgie Sinclair
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4:30–6:30pm Elvis Tribute – Andy T King



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.



Serving the community

LIGHTNING Fibre is once again the Main Sponsor of the much-loved *Hailsham Festival of Arts & Culture*, taking place from September 6th-21st.

By **Peter Lindsey**

In addition, *Lightning Fibre* will be decorating one of its broadband network cabinets with artwork from a local school pupil.

The *Hailsham Festival* is a true celebration of local creativity, talent and community spirit. With a wide range of events (many of them are

free of charge!) – covering music, theatre, dance, visual arts, crafts, literature and family fun – this annual festival brings together residents and visitors of all ages to enjoy a rich cultural experience.

Lightning Fibre is looking forward attending the 999 Weekend, returning



to Eastbourne's *Western Lawns* on Saturday 12th and Sunday 13th July.

Matthew Goacher, *Lightning Fibre*'s Head of Sales, said: "Our team are really looking forward to being down on the *Western Lawns* for this much-loved annual event. It has been a favourite weekend in Eastbourne for many years, and fingers crossed the sun will be shining!"

"We'll be there all weekend with our very own *Lightning Fibre* stand, where

you'll find giveaways, interactive games and prizes. Come and say hello and meet your local team."

The *St Wilfrid's Hospice 5km Rainbow Run* was a huge success again. This event is an annual favourite for so many people – with colleagues, friends and family! The team at *Lightning Fibre*, pictured, were so pleased to be the sponsors of the *Pink Paint Station*.



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Young gymnasts are jumping for joy

BE Gymnastics is a charity and community-led club based at Unit 10 and 11c Edison Road, on the Highfield Industrial Estate, Eastbourne.

By **Peter Lindsey**

It runs floor-based gymnastics and tumbling classes for all ages from toddlers, through to school aged children and adults.

Here is the opportunity to learn new skills, have fun, socialise, learn life skills and also compete.

The club has more competitions coming up over the next couple of months with its younger tumblers, floor and vault squad and adults too.

Four club level tumblers qualified within the South East region – against Sussex, Surrey and Kent – for the *English Silver Tumbling Championships Finals*.

The top two in each category qualified to the finals at *Telford International Centre* against the best in England.

For three of these tumblers, this was their first national competition and they had a fantastic finish:

Connor finished 11th in England in the Men's 9-10 years Club 5.

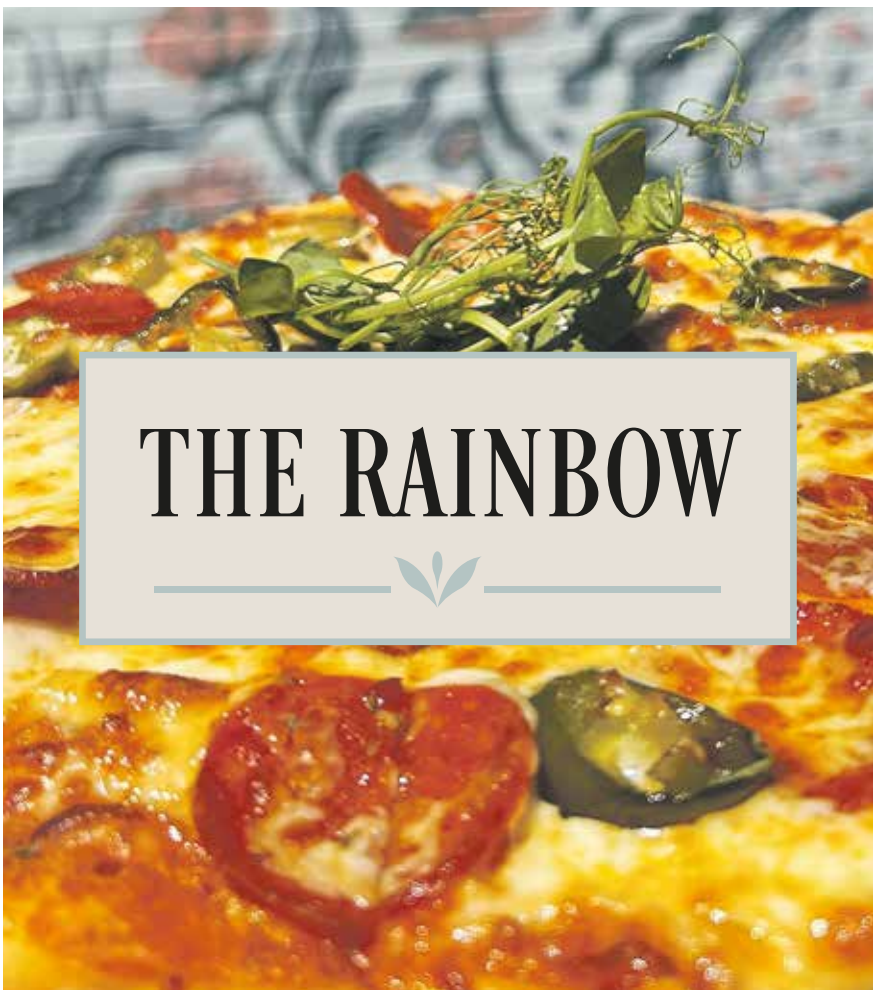
Kaiden was 6th in the same category (after only just turning nine).

Jake ended 4th in England at Club 6 11-12 years.

Grace was 4th in England at Club 6 11-12 years Female, missing out on the bronze medal by just 0.1 mark!

Grace said: "I am really proud of my achievement and am looking forward to more competitions and learning new tumbles for the regional level tumbling pathway."

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Blue Heart's Community Menu

FREE support for local groups.

By Sarah O'Flaherty

Blue Heart is offering a new Community Menu—a range of free activities, training, and support to help community groups in Eastbourne and southern Wealden build climate resilience and stay connected.

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Learn to play your cards right

EASTBOURNE Bridge Club is a good choice, where you will find numerous regular, daily, club play sessions and the best face-to-face teaching for beginners in the area.

By **Ann Pennycuick**

Bridge is a trick-taking card game, like whist, where you play with a partner. In duplicate bridge, you and your partner bid on how many tricks you'll make, then play your cards to try to achieve that goal. It's fun, good for problem solving and can grab you to keep you coming back for more.

Club sessions

My husband and I regularly play several times a week with welcoming, likeminded people. Many of our club sessions are hosted so you don't need to come with a partner, and there's always time for tea and biscuits. Our teachers offer friendly and informative lessons. As a beginner you will learn



how to communicate with your partner and how to win and lose with the practice hands after each lesson. Many of our members say they wished they had started to learn and play sooner!

Learning sessions

Taster Sessions are available from 9:15am on a Wednesday morning, during summer, when you can visit our new premises, see our facilities, and sit in as an observer to watch the game in action.

Beginners Bridge Lessons are in Spring and Autumn, two hours every week at 10:00am, beginning on Friday 19th September 2025, for 13

weeks. If you are still working, try our Saturday morning *Fast Track* 10-week course and reinforce your learning with our home study exercises.

Make a Good Choice, email glendasbridgelessons@gmail.com and Learn to Play Your Cards Right!

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First 12 months at St Mary's 'incredibly busy'

JULY marks one year since Rev Arwen Folkes became the first female Vicar of Eastbourne, taking over at St Mary's in Old Town.

By **Peter Lindsey**

So, how have the last 12 months been?

"Busy," she says immediately.
"Stimulating, exciting and such a joy to work with such wonderful people."

Arwen, 48, came to Eastbourne after five years as Rector of East Blatchington and Bishopstone in Seaford.

She said: "My initial priorities have been listening and getting to know the community that I serve. I am a great believer in the church reaching out to the people."

"I always think it takes 2-3 years to fully knit into the community but it's all about opening doors and building relationships."

Arwen is particular pleased with two projects.

"For many families musical education is expensive so I want to work with our local primary schools to put on free workshops, then in December come together for a mass school choir performance."

"We also have a team of trained pastoral visitors – about ten – who are visiting housebound people in our community."

"It's about creating a network of trusting relationships. I am very aware that it's not just about numbers but we do have around 120 people coming into church now on a Sunday morning."

"Our doors are wide open and you will find a very warm welcome."

Last month, St Mary's staged a three-day Fabric of Faith public exhibition – "It was just marvellous," said Arwen.



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Embracing Change: Our Coastline, Our Future

CHANGE is nothing new for our coastline. Over the centuries, it has shifted, evolved, and been reshaped by both nature and people.

By **Laura Stronge**

In Roman and Saxon times, the shoreline stretched nearly four miles inland, close to modern-day Hailsham. By the late 1600s, much of the bay had been reclaimed for farmland. In the 19th century, Eastbourne transformed from a quiet fishing village into a thriving seaside resort, thanks to bold Victorian engineering that protected the town from flooding and opened the door to growth.

Now, we stand at another pivotal moment in history.

With sea levels rising and stormy winters becoming more frequent, the *Pevensey Bay to Eastbourne Coastal*

Management Scheme is planning for the future. We're developing a long-term strategy to protect communities, support nature, and build a resilient coastline for generations to come.

But we can't do it alone!

We want to hear from you—residents, visitors and business owners alike. What matters most to you about your coast? What kind of legacy do you want to leave?

Take our 5-minute community survey

Your views will help shape a 100-year plan for the coastline. Plus, by taking part, you can enter into a prize draw to win a £100 gift voucher!

Scan the QR code or visit our website to take part.

Change can feel uncertain—but it doesn't have to be scary. Just as the Victorians reimagined Eastbourne's seafront for their time, we now have the opportunity to do the same. With science, innovation, and community at the heart of our approach, we can turn today's challenges into tomorrow's opportunities.

Together, we can protect our homes, support local wildlife, and even boost the local economy—by

investing in sustainable infrastructure and forward-thinking coastal defences.

Let's be bold. Let's be visionary. Let's shape a future we can all be proud of.

Find out more and take the survey at: pevenseyandeastbournecoast.co.uk

If you would like a paper copy of the survey, please ring **03708 506506**.

Scan me



Hays Travel boost cancer charity

STAFF at *Hays Travel* on Terminus Road, Eastbourne, have been raising funds for a charity supporting young people with cancer.

By **Peter Lindsey**

The money donated to *Young Lives vs Cancer* is through the *Hays Local Community Partnership*.

Amanda Goodsell from the *Hays* Eastbourne branch said: "This has involved all the staff here in Eastbourne.

"We ran an Easter raffle and Name the Bunny competition with customers and we were pleased to have raised £235.

"Various local businesses donated prizes, and we want to thank them all."

They are:

Eastbourne Music Fest, Hydro Hotel, The Dice Box, Boom Battle Bar, Royal Hippodrome Theatre, Primark, Port & Starboard Café, Sussex Beauty and Sweethearts Balloons.

Amanda said: "We chose the charity because *Young Lives vs Cancer* supports people from diagnosis onwards and aims to help the whole family deal with the



impact of cancer and its treatment, life after treatment and, in some cases, bereavement.

"The charity also undertakes research into the impact of cancer on children and young people."

Hollie Trezise, Fundraising Engagement Manager—South Coast for the charity, said: "We are so grateful to everyone at *Hays Travel* in Eastbourne for supporting *Young*

Lives vs Cancer with their recent raffle and name the bunny Easter fundraising game.

"It's not easy sourcing prizes and getting people to buy tickets or even coming up with fundraising ideas so I really appreciate their efforts.

"Every penny raised will help *Young Lives vs Cancer* in their mission to help families cope with whatever cancer throws at them."

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New Mayor: 'I absolutely love Eastbourne'

MARGARET Bannister is delighted to have become our Mayor – 'I absolutely love Eastbourne,' she is quick to say.

By **Peter Lindsey**

Councillor Bannister has served on Eastbourne Borough Council for 21 years and worked at Bourne School for 28 years, becoming Office Manager.

She said: "I was born and bred in Eastbourne and I have lived here all my life apart from three years when I left to study.

"I do love Eastbourne and there so many people and groups in our community who do such amazing work."

Margaret has chosen two charities to raise funds for as Mayor – first, *Forward Facing*, which supports families in Sussex whose children are living with long-term or life-limiting conditions or those who have suffered bereavement or hardship.

The second is *Eastbourne Street Pastors*. They go out on the streets of Eastbourne on Friday and Saturday nights from 10pm until 3am or 4am making themselves available to those who need help.



Margaret said: "I'm looking forward to raising funds for these two deserving groups and visiting as many places and events as possible.

"Councillor Hugh Parker is my Deputy and of course we will be working together closely. My consort is my daughter Katy who lives in Hailsham.

"I am excited, honoured, and I want to bring communities together in Eastbourne."



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Arlo is only seven and he's selling his own paintings

ARLO is aged just seven and already is a budding entrepreneur.

By **Peter Lindsey**

He is selling paintings he has created with some of the proceeds going to St Wilfrid's Hospice – and some towards his own business.

You may have seen him at Eastbourne Railway or on Eastbourne Seafront selling them.

And yes he's only seven.

He told me: "I enjoy this very much. They are abstract paintings and I have learnt Paint Pours with my grandfather. This is all about being creative."

"I also go to a home education art class with Gina at DC Learn, which has helped me as well."

Some 20 per cent of the sales are being donated to *St Wilfrid's Hospice*. Two years ago, Arlo and his elder brother Jacob raised £800 for the *St Wilfrid's Hospice Rainbow Run*.

They approached businesses around Eastbourne asking them to donate prizes to their very own raffle. They hoped to raise £250 by selling 50 tickets at £5 each, using a sweepstake form provided in the sponsorship pack. The pair quickly exceeded their expectations, selling 100 tickets in just 72 hours.



Arlo with his paintings.

Proud mum Rachel said: "When Arlo said to me that he wanted to buy something, I said that he needed to make the money so he could, and that's where this all started from."

"The paintings are £5 each but people are being really generous and paying extra knowing that it's all going to a really great cause."

To buy a painting, you can email: Rachel.oneill@hotmail.co.uk



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Walk to support Eastbourne CAB

THE Eastbourne Legal Walk is taking place in July – and it’s a chance to raise money for the invaluable work carried out by Eastbourne Citizens Advice.

By **Peter Lindsey**

Times are challenging for many, and in the last year – from April 2024 to the end of March 2025 – Eastbourne CAB supported 4,500 people.

The most common areas of support are:

- Energy costs and other cost of living bills
- Personal Independence Payments
- Housing Issues
- and Debt.

Eastbourne CAB Manager Alan Bruzon said: “We are still experiencing a high level of demand post-pandemic and the cost of living crisis.

“So we are pleased that the Eastbourne Legal Walk on July 17th, 10k on the Downs and along



Eastbourne Seafront, will raise funds to continue the invaluable work that we do.”

Each year the London Legal Support Trust organises a ‘Legal Walk’ to raise funds for Citizens Advice offices and other free legal advice organisations across London and the Southeast. It is the largest fundraising event in the legal calendar, bringing together more than 15,000 walkers.

Firms taking part locally are:
So Legal Ltd
Barwells Solicitors
Cramp & Mullaney
Hart Reade Solicitors

LSL Family Law
McCarthy Webb
plus there is a CAB team of volunteers.

Eastbourne CAB currently has 23 paid staff and 43 volunteers. Half of the paid staff work on the national Help to Claim campaign.

Alan said: “The work we are doing is essential for our community, and we are asking people to donate to Eastbourne CAB. We are a charity and we always need to raise funds.”

For more information about donating please visit:
www.eastbournecab.co.uk

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A photograph of the Qualisea Fish Restaurant. The top part shows the outdoor seating area with blue tables and white umbrellas. The bottom part shows a close-up of a plate of fish and chips with a lemon wedge and a small cup of sauce.

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Morrisons veterans' breakfasts

MORRISONS Eastbourne has launched monthly veterans' breakfast gatherings.

By **Kim Hatcher–Davies**, Morrisons

Morrisons has launched a monthly meetup every first Monday of the month, in the café in Morrisons Eastbourne.

The event welcomes all veterans to come together for a morning of camaraderie and connection,

with breakfast available for just £5 including a free hot drink.

The gathering runs from 10:00am to midday, offering a relaxed and friendly environment for local veterans to share stories, meet others and enjoy a hearty breakfast.

"We are honoured to host this monthly breakfast as a small gesture of appreciation to those

that served." said Rob Knight, Store Manager at *Morrisons Eastbourne*. "It's about community, recognition, and creating a warm space where veterans feel welcome."

We like to offer the space of the café to local groups and the veterans are a group that touches the heart of the management and colleagues in the store.

To be able to take part in this offer, you must present your veterans card at the till.

This event is supported by *The Blue Van* and *Combat Stress*.

The idea came about, when I had a meeting with *Combat Stress*. We discussed how our store could achieve Veteran Status. This means we are looking towards understanding and accommodating veterans with complex mental health needs.

We are continuing to work towards implementing various changes to



achieve Veteran Status by creating an environment that welcomes veterans.

Dan Barlow our current café manager is a former serviceman and is in full support of the idea.

Next breakfast is Monday 7th July, 10am–12pm.

And then the first Monday of the month.

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Royal seal of approval for Eastbourne charity

IT was an important evening – more than 150 people packed into *Eastbourne Town Hall* to see *Sanctuary Eastbourne* receive the *King’s Award for Voluntary Service*.

By **Peter Lindsey**

This is the highest award given to local voluntary groups in the UK – and it’s not hard to understand why Sanctuary Eastbourne has been honoured.

The award was presented by Andrew Blackman, the Lord-Lieutenant for East Sussex, and Eastbourne MP Josh Babarinde was among the invited guests.

Founded in 2016, *Sanctuary Eastbourne* offers support and signposting for people seeking asylum, refugees and immigrants living in or around the town.

- Some of that support includes:
- English Conversation classes
 - Help with E-visas
 - Signposting to health services
 - Employability
 - Immigration issues
 - Family help
 - Energy and other bills.

Gill is one of the Director and passionate about the charity.

She said: “We are reaching out to between 40 and 60 people each week, and demand for our services remains high.

“Those we help are coming here mainly from Syria, Iran, Sudan, Yemen and Afghanistan. Many feel lonely, unwelcome and desperate, that’s

where we step in to do what we can and to offer a warm welcome.

“There is much confusion and uncertainty and a general lack of support, which makes navigating life in a new country more difficult. Many

are placed into accommodation which may be unsuitable. Most of the people we work with want to integrate into British life effectively and with respect and that is why what we do to support them in that is so important.

“We are of course thrilled to have won *The King’s Award for Voluntary Service*. It is wonderful recognition of what we have achieved and how we have helped some of the most vulnerable in our local community.”

For more information, go to www.sanctuaryeastbourne.org



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Christmas in July – Fundraising Campaign

TOO early? August is the busiest month to buy festive cards.

By **Peter Lindsey**

After a sell-out success in 2024, Polegate Community Foundation has launched a new Christmas card design to make up its 'A Coastal Christmas' twin pack.

Nathan Dunbar, Head of Events, said: "We have brought local landscapes together with traditional scenes to raise much-needed funds for our cause.

"We are a not-for-profit organisation with the community at the heart of everything we do.

"Our biggest initiative is 'Project Stem' where we bring life-saving equipment to local communities.

"We need your help to continue our efforts."

Too early? Sales figures from 2024 show August as the most popular month to buy Christmas cards so this 'Christmas in July' fundraising campaign offers early birds an exclusive discount.

To support the *Polegate Community Foundation* and to purchase these cards, scan the QR code below or visit: <https://polegatecommunityfoundation.sumupstore.com/products>

Exclusive offer for Bournefree readers – 25% off all orders using code 'BOURNEFREE' at the checkout.



Mayor Dan Dunbar with Councillor Stephen Shing.

Dan's the man – for a third year

DAN Dunbar is a man with a passion – a passion for promoting Polegate and highlighting what a great community-minded town it is.

By **Peter Lindsey**

Dan, 32, has been appointed Polegate Mayor for a third year, and he is delighted.

He said: "I think Polegate is a unique place with its train station bringing so many people into town, but also the lovely community atmosphere.

"We have a variety of very strong and popular charities, and *Polegate Community Centre*, which is a hive of activity. There is so much going on there."

Dan has been a councillor for ten years. He first stood in 2013 as an Independent and was first elected back in 2015, standing for *Polegate Residents Association*.

In his first year as Mayor he attended 70 engagements. This last 12 months it rose to 90.

He said: "I am happy to do another 12 months as Mayor. It is an honour, a real privilege, and I would never say no.

"I am genuinely pleased that I have had the opportunity to do this, people in Polegate really are fantastic people."

He is delighted to be supported by Councillor Stephen Shing as his Deputy for a second term, reinforcing a leadership team praised for its continuity and collaborative approach.

Dan is now also the chair of *Eastbourne Community First Responders*.

He said: "We are all volunteers trained by the *South East Coast Ambulance Service*. We provide a First Response to 999 emergency calls that are close to where we live or work. The fact that we can be there quickly can be lifesaving."

You can contact Dan by emailing: cldr.d.dunbar@polegatetowncouncil.gov.uk

Music for your eyes

PUPILS from *Parkland Infant School* plant *Music In-Bloom* design.

By **Tim Sorensen/Mina O'Brien**

Pupils from *Parkland Infant School* gathered at a very sunny Holywell on Thursday 19th June to meet new Mayor, Cllr Margaret Bannister, plus invited guests and families, as part of the 'Music In-Bloom' initiative organised by *Eastbourne Education Business Partnership* and kindly sponsored by *idverde*.

The school won the annual carpet garden competition for Eastbourne primary schools in March. The pupils helped Keith from *idverde* to finish planting out their winning design together with the mayor.

This is the 31st annual carpet garden design created by pupils from local primary schools and planted at

Holywell for *Eastbourne Borough Council*. The initiative contributes to the children's curriculum work by putting learning into context and developing links beyond the classroom.

The 'Music' theme celebrates the 25th anniversary broadcast of *Eastbourne Youth Radio* in November and enabled the schools to learn more about music, performance and local venues. This included the iconic *Eastbourne Bandstand* that featured in the winning design. The young

Parkland pupils used a combination of traditional carpet garden plants together with coloured stones.

The distinctive carpet garden design will now be seen by the many hundreds of visitors to Eastbourne and local residents over the summer months.

For further information about *Eastbourne EBP* and the 2026 'In-Bloom' competition for primary schools please contact: mina@eastbournebp.org.uk



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Fine food and art at Towner

SATURDAY 5th July sees the launch of Eastbourne’s most exciting new market for foodies.

By **Cameron Brown**

Hosted on the square outside **Towner Eastbourne** and the **Congress Theatre** from **9:30am to 1:30pm** on the first Saturday of the month, **Eastbourne Farmers Market** brings together a range of delicious food, beverages and wares from local farms and makers, accompanied by live music from 10am to 12noon.

Eastbourne Farmers Market is supported by *Towner Eastbourne*, *Eastbourne Food Partnership*, *Eastbourne BID*, and *Eastbourne Borough Council*.

While you’re at *Towner*, you must head upstairs to check out the gallery’s new exhibition *Sussex Modernism* (until 28th September, Tickets £4.50-£9, Free for under 25s and *Towner* Members). Spanning from the late nineteenth century to the present, this vibrant exhibition reveals how artists



Image: Rosie Powell.

of very different kinds responded to the crises of their day through their relationships to Sussex and to the many different movements of modernism. The exhibition is curated by Dr Hope Wolf (*University of Sussex*) and based on Wolf’s book *Sussex Modernism* (*Yale University Press*, 2025).

The gallery is also showing, *Paule Vézelay Living Lines* (until 31st August, free admission). Paule Vézelay (1892-1984) was responsible for an extraordinary output encompassing painting, collage, sculpture, constructions, illustration, textiles and photography. *Living Lines* offers an unprecedented insight into her



Image: Cameron Brown.

accomplished seven-decade career, featuring over sixty works from private and public collections.

If you would like to register your interest in a regular stall at the *Farmers Market*, please email Luke Johnson: luke@youreastbournebid.com

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Mayor visits SASBAH

THE Mayor of Eastbourne has praised a charity after visiting its new premises during *Learning Disabilities Week*.

By **Peter Lindsey**

Councillor Margaret Bannister went to the new offices of SASBAH at 39-41 Church Street, Old Town.

SASBAH is the *Sussex Association for Spina Bifida and Hydrocephalus*, which supports and develops the health, wellbeing and life

opportunities of people with spina bifida, hydrocephalus and other related conditions.

It was previously based at Gun Hill, Chiddingfold, but has now teamed up with *The JPK Project* to create the SASBAH/JPK Hub in Eastbourne.



SASBAH operates the centre – previously the cafe – as a social enterprise while *The JPK Project* proudly owns *Gow Lodge*, seven flats for people with learning disabilities.

Mayor Margaret Bannister said: “I had a lovely visit to SASBAH and it was so nice meeting all the people working there.

“Everyone, both clients and staff, was so welcoming and willing to talk about their activities and work. I came away knowing so much more about the centre and its aims.

“SASBAH’s new premises are so versatile and fit for purpose that I am sure they will be a great success.

“Visiting the *Gow* flats, funded by *The JPK Project*, behind the SASBAH centre, shows what can be achieved when flats are purpose-built with the needs of the clients in mind.

“The flats are so spacious and comfortable that I am sure the clients feel really at home there. It was great to see the finished project.”

Rom Sanglaji, SASBAH’S Chief Executive Officer, said it was an absolute pleasure to welcome the Mayor to the charity’s new premises.

He said: “We were keen to invite Margaret during *Learning Disabilities Week* because it is a significant opportunity to raise awareness and celebrate the achievements of people with learning disabilities.

“The theme for this year has been focused on ensuring that individuals with learning disabilities are seen, heard and valued. At SASBAH, we strive to achieve this on a daily basis.

“I must say that our Mayor was so uplifting. She was genuinely interested in the work we do, and the members of the SASBAH family who met her said afterwards how charming and kind she was.”

For more information on SASBAH, please visit: <https://sasbah.org.uk>

SASBAH is celebrating its 60th anniversary in 2025.



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THE CRUMBLES
FOOD & CRAFT MARKET

DB Domestics expands

A POPULAR family-run Eastbourne business has expanded by opening a second showroom 20 miles away in Uckfield.

By **Peter Lindsey**

DB Domestics opened on Seaside, Eastbourne back in 1982 and has built up an unrivalled reputation for home appliances.

This includes made to measure kitchens, washing machines, American fridge freezers, ovens and dishwashers.

Now it has opened a second store – in Seed House at the *Bell Walk Shopping Centre* in Uckfield Town Centre.

Director Tom Baxter said: “We are so excited to be expanding after what is now 44 years serving the community in Eastbourne and wider afield.

“We remain devoted to Eastbourne and, despite the lack of new retail businesses opening, we are very



excited to be able to offer our products and services to new areas.

“We can offer online prices with the option of customers seeing the products before they buy, with service and expertise being an integral part of what we can offer customers.

“Uckfield is a vibrant town with so much to offer, and I am confident we can bring more commercial success to the town.”

Tom’s grandad Derek Baxter founded *DB Domestics* in Luton in

1971 before moving the business to Eastbourne in 1982.

Tom said: “It remains a family-run business of three generations with the same principles as it has always been with service at the core.”

www.dbdomestics.com
Uckfield: 01825 769292
Unit 2, The Seed House,
Uckfield TN22 1FL
Eastbourne: 01323 725588
407-419 Seaside,
Eastbourne BN22 7RT

Why Dorit deserves top honour

MANY of us are privileged to know Dorit Oliver-Wolff BEM.

By **Peter Lindsey**

She is the Holocaust survivor from Eastbourne who hid in a cellar with her mother for nine months without lighting or heating.

She lived in Budapest when she was first forced to hide from the Nazis at the age of five.

She and her Jewish family were forced to flee and she endured years

of hiding, harrowing encounters and near starvation.

After the war, she rebuilt her life, becoming a successful singer and top ten recording artist in Germany.

It was pleasing to hear that *Eastbourne Borough Council* has honoured Dorit and awarded her the Freedom of the Borough.



She certainly deserves it.

Mrs Oliver-Wolff BEM was honoured ‘in recognition and appreciation of her extraordinary life, her outstanding contribution to Eastbourne and its community, her work as a freedom fighter and campaigner for human rights, her dedication to Holocaust education and her passion to ensure that the Holocaust is never forgotten.’

The motion to confer the honour was moved by Councillor Robert Smart and seconded by Councillor Stephen Holt.

It is a symbolic and ceremonial honour that dates back to the Middle

Ages and recognises eminent services or achievements.

Mrs Oliver-Wolff BEM was awarded a *British Empire Medal* for services to Holocaust education and awareness in 2019.

She is still working as a public speaker giving educational talks on peace not hate.

She is also a published author having written a book of her memories titled, ‘*From Yellow Star to Pop Star*’. Available on Amazon.

PRG Marketing Communications Celebrates 45 Years of Creative Excellence in Eastbourne

Family-run agency unveils new brand identity to mark milestone anniversary.

June 12, 2025 – PRG Marketing Communications, a family-run agency rooted in Eastbourne since 1980, is celebrating 45 years in business with the launch of a fresh new brand identity and website.

Founded by Ray Groves in the heart of Eastbourne, PRG has grown from a small public relations consultancy into a full-service marketing agency with a long-standing reputation for delivering compelling PR and marketing for clients across Sussex and beyond. Today, under the direction of Ray's son Simon Groves, the agency continues to thrive while staying true to its family values and strong local roots.

"We're incredibly proud to celebrate this milestone in the town where it all began," said Simon

Groves, Managing Director of PRG. *"Eastbourne has always been our home and our inspiration – and we've loved working with so many brilliant local businesses over the decades. From construction firms and councils to florists and coffee shops, our clients are the heartbeat of the community and we're honoured to play a part in helping their brands grow."*

As part of the anniversary celebrations, PRG will also be supporting local Eastbourne charities throughout the year, including St Wilfrid's Hospice. Giving back to the community that has supported the agency for 45 years is a core part of the milestone, and the team is proud to help raise awareness and funds for causes that make a real difference locally.

At the core of PRG's success is a clear purpose: to build exceptional



brands that engage and inspire. The agency's values – Family, Authenticity and Excellence – run through everything it does, from nurturing long-term client relationships to producing high-impact campaigns that make a difference.

To mark this important chapter, PRG has unveiled a bold new logo and a revitalised website, reflecting both its heritage and forward-thinking approach. The rebrand

signals the agency's ambition for the future, while honouring the creative spirit and people-first ethos that have defined it for more than four decades.

As it looks ahead to the next 45 years, PRG remains committed to supporting the region's businesses with expert PR, marketing and digital services rooted in trust, creativity and results.

Explore the new PRG website at: www.prgltd.co.uk

New neighbourhood restaurant opens on Cornfield Terrace



Shuck! Is a neighbourhood small plate seafood restaurant.

Cuisine at Shuck! Is influenced by the Basque region of Spain, cooking the freshest catch on charcoal and wood. Shucking oysters to order with an excellent wine list and Guinness on draught to wash down the oysters. The restaurant is a new venture from the team behind Levels Wine and Cru and is built on the same values of the freshest local ingredients, the friendliest service, and a great drinks list all served up in a cosy neighbourhood venue.



The laidback seafood bar and restaurant is moments from the seafront at 8 Cornfield Terrace and is open for food Thursday - Saturday, 12.30 – 2.30pm and 5.30 – 9pm, and 12 – 4pm Sundays, and an hour or two later for drinks!

To book, find Shuck! on Instagram at [@shuckeastbourne](https://www.instagram.com/shuckeastbourne)

New Members for June

The Beauty Training School • Page Property Consultants • Roy Fuscone Consulting • Aspo Recruitment • Mark Killick - Functional Nutrition • Advantage AI • Elite Cleaning Shop (U.K) • Clean Accounts • My Skateworld

The Little Gate Big Quiz: Raising money for Little Gate College

Little Gate and Hastings Direct invite you to a special fundraising quiz night on the 4th July!

To explain more, here is our colleague, **Bertie Lawson**:

A few other students and I are working on a special fundraising Quiz Night for Little Gate in association with Hastings Direct. With their continuous support and contributions for people with learning differences, we could not have chosen a better partner!

In addition, we are honoured to have the very unique poet, writer and TV and film producer **Henry Normal**, as

well as his wife, screenwriter **Angela Pell**, as our special guest hosts.

A bit about me...

I am a student at Little Gate College and on work placement as a marketing assistant at the Eastbourne *unLtd* Chamber of Commerce. Here I help the Marketing Executive with creating posters, flyers, emails, newsletters, to promote Chamber events, a job that I enjoy very much; I wouldn't be here to write this article if I didn't!

Little Gate Supported Employment is specially targeted towards students on the autism spectrum, me included, and with other learning differences, supporting them with learning the practical skills and preparation for a

variety of paid jobs. We have a farm and a college, both of which you can learn about at www.littlegate.org.uk

Those who attended the recent AGM will have seen my very own pop-up banners designs!

In addition to the quiz, we are also having a plant sale. All the plants have been lovingly grown and tended by us at the Hastings Direct allotments and on our farm! Money raised will go to support Little Gate's work.



The Little Gate Quiz is on Friday 4th July, at Hastings Direct. Doors open at 5.30pm, quiz starts at 6pm

If you'd like to join the Chamber table,
email: marketing@eastbournechamber.co.uk



Join today and reap the rewards!

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

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

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



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Love, acceptance, and celebration

THIS year’s *Eastbourne Pride* will take place on Saturday July 19th with the parade from the Pier leaving at 10am.

By **Peter Lindsey**

And the message from the organisers is get ready to celebrate love and diversity at *Eastbourne Pride 2025* – a day filled with music, fun, and acceptance for all!

It is taking place at Princes Park between 11am and 8pm, and tickets are £10 plus booking fee.

Go to www.eventbrite.co.uk and search ***Eastbourne Pride 2025***

The organisers say: “Welcome to *Eastbourne Pride 2025*. Come join us at Princes Park for a day filled with love, acceptance, and celebration.

“*Eastbourne Pride* is a vibrant event that brings together the community to embrace diversity and spread positivity. Get ready for live music, colorful parades, delicious food, and so much more!

“Whether you’re a part of the LGBTQ+ community or an ally, *Eastbourne Pride* welcomes everyone with open arms. It’s a day to show your support, make new friends, and have a fantastic time in a safe and inclusive environment.

“Don’t miss out on this incredible opportunity to be a part of something special. Mark your calendars for *Eastbourne Pride 2025* and get ready to spread love and rainbows!”

There will be live entertainment throughout the day with stalls galore at *Princes Park*. There will be a huge amount on offer.

For more information, email: info@eastbourne-pride.com



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HailshamEye



Claire's 100 mile walk. Page 37



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Claire's 100 mile walk

A HAILSHAM daughter has completed the 100-miles South Downs Way walk to support the hospice caring for her mum.

By **Peter Lindsey**

Claire Baker and friend Naomi Sullivan took on the challenge to acknowledge the help St Michael's Hospice at Hastings has given Yvonne Barbary, who lives at Little Common.

Claire has already raised more than £3,700.

Claire, MD of *Chalvington Group* based on the *Apex Business Park* in Hailsham, said: "My beloved mum has been battling Stage 4 Bowel Cancer for six years – a journey filled with countless surgeries, procedures, treatments, and immense courage. Through it all, she remains my hero and greatest inspiration.

"St Michael's Hospice has been our lifeline, providing crucial support at every step – from emergency phone



consultations and pain management to practical help like installing mobility aids. Their compassion knows no bounds.

"Then I decided it was time for me to give back. It was an ambitious challenge, walking 100 miles along the *South Downs Way* in five days, but we did it.

"We were completely self-sufficient, as we tackled the challenging terrain of this stunning national trail.

"What an unforgettable experience the challenge turned out to be. While I felt physically strong and well-prepared overall, my feet definitely had other ideas! They became incredibly sore and really let me down at times.

"By the end, I honestly felt like I could have been sponsored by *Compeed*, and I was relying on painkillers every couple of hours just to keep moving on that final day.

"But no matter how tough it got, I kept reminding myself that the pain I was feeling was temporary – nothing compared to the daily pain and challenges my mum faces with such strength and grace.

"That thought was my anchor and my motivation. It's what kept me pushing forward, step by step, through every blister and ache."

You can sponsor Claire here: <https://www.justgiving.com/page/claire-baker-3>

All set for The Hailsham Festival of Arts & Culture

IT runs from September 6th-21st – and *The Hailsham Festival of Arts & Culture* is one of the highlights of the town's events calendar.

By **Peter Lindsey**

The Festival attracts a cross-section of artists and performers from the southeast and further afield, and offers a wide variety of exhibitions and performances to suit all tastes.

This year, new acts include 'Voices of Volya' – a Ukrainian choir that performs in Herstmonceux, Hailsham and surrounding areas to raise funds

for medical equipment for frontline soldiers in Ukraine.

Live theatre from *Hailsham Theatres* and the talented team at *The Grove*, Eastbourne will include 'Jeeves & Wooster in Perfect Nonsense' and the popular Agatha Christie inspired 'Murder Mystery Supper' event.

Town Mayor Councillor Chris Bryant said: "Hailsham and the rest of East Sussex has such an amazingly rich seam of arts and culture. There is an amazing wealth of artistic talent and I



would encourage people to put the festival dates in their diaries.

"Last year's festival was nothing short of amazing with some truly great artists, writers, photographers, poets and music performers showcasing their talent across the Hailsham area. There was a positive atmosphere for the duration of the Festival and I was grateful to everyone for turning up and supporting the town's festival so well.

"I'm sure festival organisers will surpass all expectations again this

year with events and on behalf of the Town Council, I'd like to thank those community groups and individuals in the town for all the hard work and generous support given to organising this year's festival. A vast amount of work is carried out behind the scenes by dedicated volunteers and we are hoping that even more volunteers will get involved in this year's festival, give their support and contribute to its success."

A full programme of *Hailsham Festival* events is available to view online at: www.hailshamfestival.co.uk

Enjoy Hailsham Country Park

THE Town Council has launched a campaign to encourage residents to visit *Hailsham Country Park* and enjoy the beauty of the summer season.

By **Peter Lindsey**

The council—maintained Country Park, situated off Gleneagles Drive, covers approximately 22 acres and incorporates woodland, a recreational grass area, two ponds and a lake.

A water course skirts the open field area and all—weather footpaths can

be found throughout the park to encourage people of all ages to enjoy this precious open space area.

Hailsham Town Council is proud of its many improvements to the site in recent years, including the construction of a new path around Wentworth Pond and other area—specific projects such as the more upgrading and resurfacing of the pathway around the lake, making it more accessible for disabled users.



Image: Hailsham Town Council.

The council has recently planted additional trees at the *Country Park*, as part of a plan to implement its environmental objectives over the course of the next few years. Tree species planted on site are varied and include flowering cherries, rowans, ginkgo and liquidambar.

Furthermore, the park’s high level of maintenance by *Town Council* works staff has ensured that the site remains a safe and clean public green space for the whole community to enjoy.

Fishing is permitted during the season (16th June to 14th March) at

the *Hailsham Country Park* lake (off Gleneagles Drive) and Hempstead Pond (adjacent to Tilehurst Wood).

The various woodland sites have a very good selection of tree species including birch, oak, ash, maple and wild cherry. Wildlife residing in the area includes voles, mice, lizards and weasels.

There are two car parks on the boundaries of the *Hailsham Country Park*, situated off Holyhead Close and Gleneagles Drive). Car parking is free of charge. Ample directional signage is posted throughout the park.



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A wake up call to society

I'M starting this article with a quote last month from Ali Oliver MBE, Chief Executive of *Youth Sport Trust*:

By **Steve Wennington**

"Our children are moving less, feeling unhappier, and losing access to the transformative power of PE contributing to stagnant physical activity levels. The fall in PE hours is sadly an exacerbation of a longer-term trend. It is time for a different approach to reverse these worrying trends and ensure that PE, sport and play are given the status and time they deserve in our education system and society".

Our view and experience very much echoes the sentiment above, and it is not just the responsibility of the government. The policymakers are around us from County, District and local town and parish councils who can make a real positive difference. It's not just about funding, it is about an open mind to a positive future.

Amazing opportunity

Here is an amazing opportunity to demonstrate the point: *Hailsham Boxing Club*.

Anyone who has followed the development of this club will know the amazing work Sam and his team have achieved with over 300 people using the gym.

Those that have witnessed the work are left dumbfounded at the positive effect it is having on our children

(and indeed many adults). Even the *Sussex Police* commissioner is full of praise, and yet, five years on, no financial help to Sam and his team from our 'local policymakers'.

Facilities

Hailsham in particular is lacking both recreation ground and indoor sporting space. This often means a new start up has to pay commercial rates for a property (as in Sams case), or pay big fees to use school facilities (now with outsourced management companies running them).

Pointing this out makes us (particularly *Hailsham Active/me*) very spiky to the people in power, and yet all we are trying to do is create a fair playing field, usually at the same time saving them money... and also benefitting society as a whole.

Here is where teamwork and collaboration can make something wonderful happen.

Barn at Grovelands

Sam and his team are no different and as good luck would have it, a meeting a few years ago with the ex-business manager of Hailsham, Mickey Caira, a very good and helpful man, he mentioned the barn at *Grovelands* which had been handed to *Hailsham Town Council* as a community asset in part of a will from *Grovelands Farm*.



South of England champion, Alfie with Sam Buchanan.



Hailsham Boxing Club.

It is currently being used for council storage and the *Bonfire Society*. We arranged a meeting with Sam and Bernie from the Boxing Club at the Barn.

Problem solvers

Sam and Bernie are clearly problem solvers and within 10 minutes they had come up with a range of solutions, at their own cost (if necessary) that would transform the area. Plans are already being drawn up to solve the problems, at minimal cost and maximum reward to the town and indeed, we believe it will be a massive benefit to the town council.

This is a real opportunity for *Wealden District Council* and *Hailsham Town Council* to support the amazing friends and associates of *Hailsham Boxing Club* in this exciting new venture.

The local WDC and Town Councillor, Paul Holbrook, (ex mayor) is fully supportive as is town councillor for the area, Barry Carpenter.

If you can help or support this project or need help with your own club (or vision of a club.), please let us know. This is the *Hailsham Active DNA*, and we make no apology for it.



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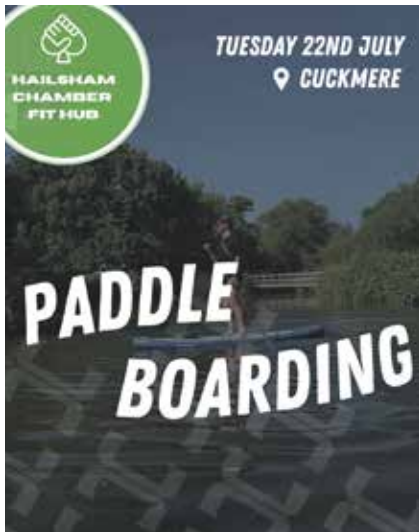
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Hailsham Chamber July Events

By Ryley Warwick

10 Years of Creativity, Community & Craftsmanship
From a bold van wrap to stunning shop signs... from striking graphics to sharp print and vehicle signage – for a decade, **Design Lab** have proudly served Eastbourne and beyond, blending art & science to make your businesses shine!

It all started back in 2015, and this month they're celebrating every design challenge, every happy client, and every local partnership. Whether it's window tinting and workwear, or complete branding solutions, their promise remains the same – swift, expert, professional service that helps you look your best Here's to the next decade of creativity, quality, and making your visions come to life!

Join us for Hailsham's Big Business Breakfast!
Our next *Hailsham Chamber of Commerce Business Breakfast* is happening on Thursday 7th August at the beautiful *Wellshurst Golf & Country Club* – and you won't want to miss it!

This month's guest speakers are John Bellamy from *Print Matters* sharing

expert insights on all things print. Ali Thompson from *The Dental Barn* talking everything teeth – from smiles to oral health.

Whether you're a local business owner, freelancer, or simply looking to network with fellow professionals in the area, this is a brilliant opportunity to make new connections and gain valuable knowledge.

Book your spot now and start your day the right way – with great food, great people, and great ideas.

FitHub Event – Paddleboarding Adventure
Join us on Tuesday 22nd July at the beautiful *River Cuckmere* for an afternoon of fitness, fun, and networking on the water.

Whether you're a seasoned paddler or giving it a go for the first time, it's a great opportunity to connect with fellow Chamber members in a relaxed, active setting.

Afterwards, we'll be heading to *Hops and Grounds* for a well-earned drink and bite to eat – all welcome to join! Starts at 4:30pm, tickets £27 per person.

Hailsham Chamber Big Summer BBQ
Join us for a sizzling summer celebration on Saturday 9th August at the stunning *Warrior's Breath* (BN27 3PR) from 4pm until late.

Expect delicious BBQ food & drinks, Live entertainment from talented Chamber member & singer Hanna Searle. Optional ice bath dip – bring your swimwear and a towel if you're feeling brave!

£25 – Chamber Members, £27.50 – Non-Members, £5 – Kids

Parking is limited, so car sharing is highly recommended.

Hailsham Chamber Celebrates Local Business Collaboration
Hailsham Chamber of Commerce is proud to celebrate the recent recognition of two of its members

— *Studio W Media* and *Howden Eastbourne* – who are showcasing the power of local business collaboration.

Studio W Media has been named Business of the Month by *Howden Eastbourne*, with a dedicated window display in the heart of Terminus Road. This initiative not only highlights the outstanding work of a fellow Chamber member but also reinforces the supportive spirit that exists within our business community.

If you're looking for reliable insurance quotes, whether domestic or commercial, we encourage you to contact the friendly and professional team at *Howden Eastbourne* on 01323 379100.

To book any of the events or find out how to join the *Hailsham Chamber* please go to: www.hailshamchamber.co.uk





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.**
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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!



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If you would like any further information about this service, please call us on **01323 884274**, or email us at: orders@cookmere.co.uk

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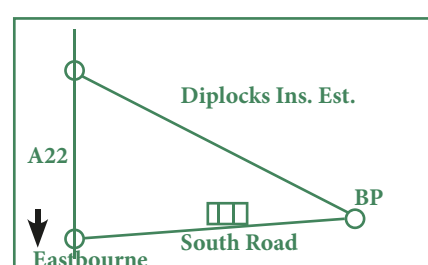
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“It’s good to be home in Eastbourne & Wealden”

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By **Nicola Field**

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“Bluebird Care provided our mother with home care for several years and their team was always consistently professional, flexible and friendly. They adapted their service to meet her needs at every step and the carers, and the office personnel were such a wonderful support not only to my mother but to the family as we navigated our mother’s journey. I truly cannot praise the Bluebird team enough, both in the field and the office, for all they did and would recommend them wholeheartedly to care for a loved one at home.”

If you would like to speak to our Bluebird Care Eastbourne & Wealden team call us on **01323 727903** or email eastbourne@bluebirdcare.co.uk or visit our website bluebirdcare.co.uk/eastbourne-wealden.

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Stile Styles

STILE: “A structure or opening that provides passage for humans but not livestock, over or through a boundary.”

By **Lindsey Gwynne**

As ramblers we come across plenty of stiles, in many styles. Most in this area are wooden with two crossed steps and high side posts to use as hand-holds but further afield there are more designs than you can shake a walking stick at.

Many decrepit stiles are replaced with latch gates or kissing-gates which are more favourable amongst those with unsteady knees or balance. Then there are squeeze

stiles, in wood or stone, which at 25cm wide allow the passage of human legs but not sheep bodies. Similar is the Rambler Gate which has metal posts which can be pushed apart on a pivot but return to centre to block the passage of animals. A nifty barrier is the clapper stile consisting of three horizontal planks, pivoted centrally with counter-weights at one end. The free ends can be pressed down and stepped over while the counter-weights maintain it as a fence when not in use as a stile.

An unusually tall wall or fence many have an A-frame ladder arrangement with steps both sides and dry stone



walls often have steps built into them. Many new stiles are constructed with a sliding door at the side which may be lifted to allow your dog through, if it is not agile enough to climb the stile. As an added safety feature chicken wire may be fastened to the steps of a wooden stile to ensure grip once the step gets slippery after the passage of many mud-laden boots.

When the *Polegate Rambling Club* was first formed, in 1969, ‘the Heavy Gang’ was able to repair broken stiles with materials provided by the council, but in these days of ‘Elf & safety’ this task is now often undertaken by voluntary but

more strictly supervised groups. They do a great job and are much appreciated by the many ramblers for helping to keep footpaths and rights of way open and safe.

Polegate Ramblers meet every Thursday for a choice of a 2-ish mile, 5-ish mile or 10-ish mile walk, and monthly on Saturdays for a 7-8 miler. Rambles are led by experienced members in the local area. New walkers can come from any of the nearby towns or villages and are always welcome.

polegateramblers@gmail.com
www.polegateramblers.org.uk



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Celebrating one year of exceptional footcare

SUSSEX Footcare Chiropody and Podiatry clinic marks its first anniversary.

By **Heather Albon**

This month marks a special milestone for Sussex Footcare – one year of providing expert foot and ankle care in our new clinic to our community. Since opening the doors last year we've been dedicated to improving the health, comfort and mobility of every patient who walks through the door.

A year of growth and gratitude

Over the past 12 months, *Sussex Footcare* has grown from a one chair clinic with clinic owner Andrew Albon to now employing four podiatrists and a full admin team.

Owner Andrew says, "We have an incredible local community supporting our growth and we are a dedicated, professional team of experts that are at the top of our game in the podiatry field. I am proud of the team we have, and we will continue to grow.

"We have invested in some of the best technology which helps aid our diagnosis and treatment. From routine checkups and diabetic footcare to sports injuries, bespoke orthotics, and minor surgical procedures, our mission has remained the same: to deliver high-quality, patient-centred care in a welcoming environment."

Our patients

We can't thank our patients enough for their loyalty and support of a small business. We are incredibly grateful for their support and helping us thrive during this first year. It has honestly been an honour to serve people of all ages, helping them stay active and pain-free.

Highlights from our first year

- **Hundreds of happy feet** – 4,674 appointments in the last year.
- **Community engagement** – Creating a clinic where people feel they can pop in and say hi when passing as well as supporting local charities we feel we have really connected with the local community.
- **Expanded services** – Our growth into now using *Swift* for Verrucas, *Footscan* for biomechanical assessments with the award winning 3D bespoke phits orthotics and having invested in a dermatoscope for any dodgy looking lesions.
- **New practitioners joining the journey** – We have a great team of Ashley, Joyce, Alex, Rosie and Heather all providing excellent care and we have created an amazing atmosphere in the clinic which our patients can see.



Owner, Andrew Albon.



Looking ahead

As we enter our second year, we're more motivated than ever to serve our community with excellence and compassion. We plan to expand further, introducing new practitioners and investing further into new podiatry equipment. We will also continue to educate the public with our articles in this magazine.

Whether you have been with us since the beginning of our journey in the other clinic to a new patient in our new clinic, we thank you for being a

part of our journey. Here's to many more years keeping you on your feet!

To learn more or book an appointment, visit:

www.sussexfootcare.co.uk

07830 417007
andrewalbon@yahoo.co.uk
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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.

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- Value for money and competitive pricing.

We sell, service and repair most mobility aids. We have new mobility scooters on sale from £699, new wheelchairs from £175. We stock portable airline friendly mobility



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Hit a nerve

LEARNING how to heal your vagus nerve – often referred to as the body's superhighway – can have a profoundly positive impact on your overall health.

By **Harriot Smallholder**

The vagus nerve is the longest cranial nerve, extending from the brainstem down through the neck and into the chest and abdomen. It influences a wide range of bodily functions, including heart rate, digestion and the immune response.

A healthy vagus nerve is essential for maintaining the body's homeostasis (the way body systems regulate and maintain themselves) whilst promoting relaxation and recovery.

How to heal Breathe

Deep, slow breathing is one of the most effective ways to stimulate the vagus nerve. Practise diaphragmatic breathing, where you breathe deeply into your abdomen rather than shallowly into your chest.

Meditate

Regular meditation and mindfulness practices can enhance vagal tone by reducing stress and promoting a state of calm.

Chilling and singing

Exposing your body to cold temperatures – through things such as cold showers, ice baths, or simply splashing cold water on your face – can stimulate the vagus nerve.

What's more, singing, chanting or humming will also stimulate the nerve through the muscles in the throat.

Faces and food

Not surprisingly, spending time with people we love is highly beneficial for the vagus nerve, while maintaining a healthy diet rich in fibre, omega-3 fatty acids and probiotics helps as well.

Exercise

Finally, engaging in regular physical activity can improve vagal tone and enhance overall health. Aerobic exercises, such as walking, running, or cycling, are particularly effective, as well as promoting cardiovascular health.



St Wilfrid's Hospice and DGH – Working together

A NEW pioneering partnership is transforming the way palliative care is delivered.

By **Peter Lindsey**

East Sussex Healthcare NHS Trust – which includes the DGH – is working with St Wilfrid's Hospice in Eastbourne and St Michaels Hospice in Hastings.

The ability for consultants to work flexibly across the Trust and both hospices has led to real, tangible benefits for patients.

Whether seen on a ward at *Conquest Hospital* or *Eastbourne DGH*, or in a hospice clinic, patients are increasingly benefiting from smoother transitions of care.

Consultants who know their case can support timely admissions to hospice inpatient units with management plans already in place – reducing



Back from left: Dr Geoff Wells; Dr David Barclay; Dr David Matthews; Dr Isae Kilonzo Front from Left: Dr Farida Malik; Dr Louise Free; Dr Charlotte Harrison; Dr Jane Lewington Dr David Matthews; Dr Isae Kilonzo Front from Left: Dr Farida Malik; Dr Louise Free; Dr Charlotte Harrison; Dr Jane Lewington.

delays and repetition for patients and families at an already stressful time.

The same approach is helping to speed up hospital discharges. Patients can now be discharged with the reassurance that follow-up in the community will be delivered by the same consultant team they saw in hospital – providing a sense of continuity and trust that's vital in palliative care.

One of the most visible outcomes of this collaboration is the increase in outpatient activity at the trust. Hospice consultants are now running regular

clinics within the trust, which has significantly expanded the number of available appointments and allowed more patients to be seen in a timely way.

Dr David Matthews, Clinical Lead for Palliative Care, runs some of these clinics. He said: "Working this way means more people across East Sussex can access high-quality palliative care in a hospital setting, often at an earlier stage of their illness, without long waits or needing to travel far. The joined-up medical team means the clinics provide a bridge between acute hospital and community palliative care services."

How to heal your gut naturally

DID you know your gut plays a vital role in your overall health? Around 70% of your immune cells and 95% of your serotonin—your "feel good" hormone—reside in your gut.

By **Mark Killick**

With over 500 bacterial species living there, your digestive system is a powerhouse for nutrient absorption, mood regulation, and immune defence.

Bloating

But when your gut's out of balance, the effects ripple through your body.

Common signs of poor gut health include fatigue, skin breakouts, gas and bloating, bad breath, sugar cravings, frequent illnesses, and even migraines. These symptoms often point to inflammation, bacterial imbalance, or a leaky gut.

Several lifestyle factors can damage your gut—like stress, processed food, alcohol, dehydration, and medications (especially antibiotics). Thankfully, you can take simple steps to heal your gut naturally.



Feed and replenish good bacteria

Start by cutting out sugar, white flour, processed foods, coffee, and alcohol. Replace them with fibre-rich whole foods like beans, fruits, and vegetables. Prebiotic and probiotic foods—like garlic, onions, kimchi, and sauerkraut—help feed and replenish your good gut bacteria. Bitter foods such as dandelion root and radish support digestion, while herbs like aloe vera and slippery elm soothe and protect the gut lining.

Embrace the good

Healing your gut isn't just about avoiding the bad—it's about embracing the good. By nourishing your body with anti-inflammatory herbs, plant-based meals, and plenty of water, you'll boost immunity, improve your mood, and enjoy better digestion naturally. Your gut will thank you!

For all of your digestive complaints visit www.mknutrition.co.uk, or email mark@mknutrition.co.uk

Take part in Sussex Walking Day at The Saffrons

HERE'S an event aimed at encouraging those who may no longer be active to take part in some form of exercise.

By **Peter Lindsey**

The Sussex County Football Association is working with representatives from Sussex Cricket, football, rugby, hockey and croquet on the project.

It is also aimed at helping with issues around mental health and loneliness, which can affect many older people.

Sussex Walking Day is on Friday July 18th at *The Saffrons* in Eastbourne between 10am and 2pm. It's free and for people aged 50 and over.

It will include walking versions of the five sports mentioned above – football, cricket, rugby, hockey and croquet.

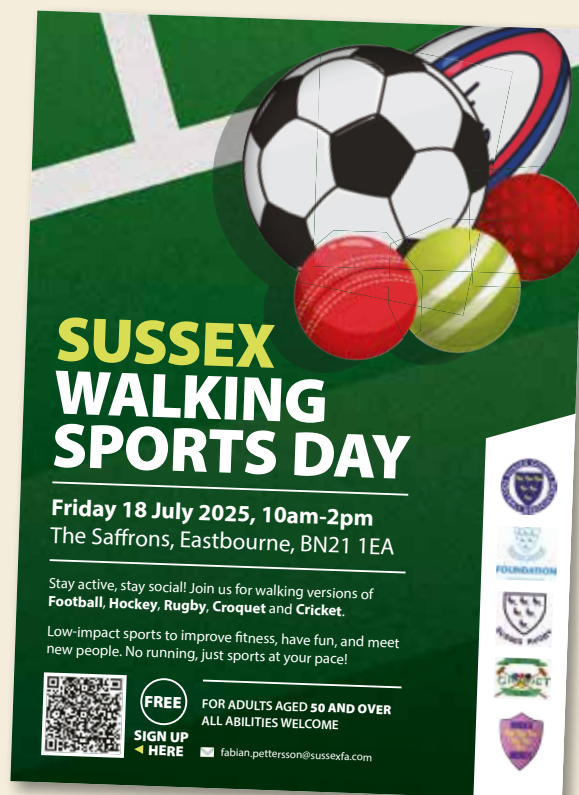
Abi Knight, Development Officer (Education & Youth Development) at the SCFA said: "Our *Sussex Walking Sports Day* is a unique and important event that brings people together to stay active, healthy, and socially connected through fun, low-impact activities.

"With five Sussex sports associations – football, rugby, cricket, hockey, and croquet – collaborating, it showcases

the power of sport to unite communities and promote lifelong wellbeing.

"Improve your fitness, have fun and meet new people – these are the main aims of the day."

To register, email: fabian.pettersson@sussexfa.com



Huge response for women's mental health group

A FREE new mental health support group for women has got off to a positive start with 28 attending the first meeting.

By **Peter Lindsey**

That far exceeded the expectations of WomanKind organisers Lisa Pickard and Fiona Collins, who say this proves the demand.

Meetings will continue monthly at *St Wilfrid's Hospice* – the next dates are July 7th and August 4th, starting from 6:15pm until 8:30pm.

Lisa, whose husband Ian started *ManKind* in Eastbourne, with friend Paul Roskilly, said: "We were a little worried during the day when there were a few cancellations but the response was very good indeed.

"We didn't think that we would have 28 turn up, and that is fantastic, and we have had so many lovely



messages since, some great feedback moving forward."

You don't need to book but you can message in advance if you wish to.

There are also private *WhatsApp* and *Facebook* Groups which provide ongoing support and communication.

Lisa said: "We understand that for some it's not easy to walk up the path into *St Wilfrid's* and say you are here for the support group.

"The majority of people spoke at the opening meeting but you don't need to, you can just listen. It's all about sharing, caring and supporting."

For more information on *WomanKind* please contact Lisa on **07796 771101** or Fiona on **07801 784214**





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It's never too late to write!

LOCAL author, published in her sixties, offers encouragement to older writers.

By **MJ Buckman**

I moved to Eastbourne during covid with my husband, and immediately we felt at home, making friends and loving the countryside and sea air. Once we were settled however, there was an overwhelming sense of, "Now what?" The kids had long flown the nest, my career was over, and the volunteering and housework just didn't seem enough.

I'd always wanted to write a book, but had never found the time or the headspace. Suddenly, an idea formed, and I became immersed in research about the topic and in learning about how to write a book and find a publisher. My first book, a non-fiction, was published on my 60th birthday in 2023. I thought then that the writing itch had been scratched.

But my head had other ideas. A few months later, thoughts about another book started rattling around, a story appeared, and I found myself writing a novel. I experienced another steep learning curve, finding out how to structure a story concept into something cohesive. The resulting "Women of Note", which combines contemporary and historical fiction, was released on July 1st.

My books explore themes of accepting ourselves, accepting each other and celebrating difference, and aim to give a voice to people from many walks of life and from various times and places. Also, I publish blogs on my website about how I became an author later in life, as I want to support other aspiring writers to fulfil their dreams. If I can do it, so can others!

To find out more, please visit www.mjuckman.com or scan the QR code.



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Craft, courses and community

A NEW creative space in Eastbourne's Old Town brings colour, coffee and community.

By **Harry Farmer**

A new home for creativity has opened its doors in the heart of Eastbourne's Old Town. *Maker Studio*, based at 52 Ocklynge Road, is a craft shop and workshop space where visitors can pick up inspiring supplies, take part in hands-on classes and enjoy great coffee in a friendly, welcoming setting.

The space is the brainchild of local husband and wife team Kate and Martin McCully. Both professional designers with backgrounds in craft and creative direction, they opened the studio with the aim of building a modern creative hub for the local community. Kate is an award-winning crochet designer whose playful amigurumi patterns, published under the name *Make Me Roar*, have earned her a loyal following. Her book *Crochet at Work* has twice been named *Best Craft Book of the Year*, and in 2019 she appeared on *Channel 4's Kirstie's Handmade Christmas*, winning the competition with her hand-stitched reindeer named Ruben.

Inside *Maker Studio*, the shop is stocked with a carefully chosen range of craft supplies, tools and kits. There are yarns from brands like *Rico* and *Stylecraft*, embroidery threads and accessories from *Gutermann*, *Clover* and *Pony*, and gift-ready kits from small UK makers such as *Cotton Twist*, *Oh Sew Bootiful*, *Berin and Bath*, *The Edinburgh Craft Club* and *The Left Hookery*. Kate's own crochet kits and patterns are also available and are all designed here in Eastbourne.

But the studio is more than just a place to shop. It is also a space to learn, share and make. A wide variety of classes and workshops run each week, including beginners' crochet, jewellery making, lino printing, creative writing and still life drawing. Sessions take place throughout the week, with options for both daytime and evening attendance. Children are also welcome, with regular taster sessions, holiday clubs and weekend activities for families. The workshops are taught by a brilliant line-up of artists, writers and makers from Eastbourne and beyond.

At the heart of the studio is a cosy coffee bar serving expertly made drinks from award-winning Bristol

roasters *Extract Coffee*. Their Rocket blend is a rich mix of black cherry and chocolate, and pairs perfectly with the vegan-friendly hot chocolate sourced from *Islands Chocolate* in London. Drinks are available to enjoy in the studio or take away.

For those looking to relax and create on their own schedule, the studio also offers quick Make and Take projects. These mini crafts are designed to take 30 minutes to an hour and are ideal for a creative coffee break. You do not need to be booked into a class to enjoy the space. The studio is open for drop-ins and every Thursday there is a free *Meet and Make* session where local makers gather to work, chat and share ideas.

Come take a look around and say hello!

Buy one Coffee, Tea or Hot chocolate and get one free* Just mention *Bournefree* when you order in our shop.

Every week

Sunday's:

1 hour Introduction to Crochet Taster Lessons for Adults and Kids.

Every Thursday 2–4pm:

Meet & Make, a free meet up for local crafters.

Upcoming workshops to book

- Kid Summer Craft Clubs.
- Kids Sewing Machine Class – make scrunchies.
- Adults Sewing Machine Class – make a craft pouch.
- Creative Writing.
- Lino Printing.
- Gelli Printing.
- Wire Work Jewelry.
- Crochet a Toy Jelly Fish.
- 4 Week Course Learn Amigurumi Crochet.
- 4 Week Course Learn to Crochet.

To find out more about the workshops, events and latest kits, visit: maker-studio.co.uk or follow [@maker.studio.eastbourne](https://www.instagram.com/maker.studio.eastbourne) on social media.



*T&C's Valid until August 1st 2025. Only available in person in our shop. Both drinks must be served at the same time. No cash alternative. May be withdrawn at any time.

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Must see theatre shows

TREAT yourself to a theatre trip this summer!
A new era at *Eastbourne Theatres*.

By **Aimee Pugh**

Major shows are lining up to give Eastbourne a sparkling summer, experience some heart pounding dramas, dopamine drenched musicals, comedy nights out and quality family shows at *Eastbourne Theatres* this summer.

Highlights include:
 Summer laughs guaranteed with ***The Play What I Wrote*** (1st–30th August), the sensationally funny

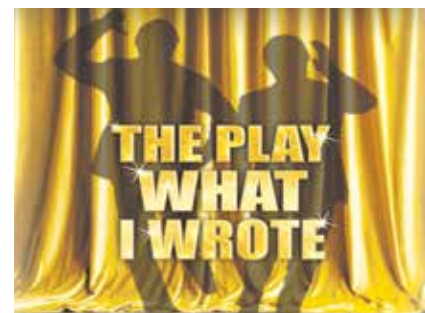
homage to comedy double act Morecambe and Wise. This West End hit is given the Eastbourne treatment from the award-winning team behind the beloved *Devonshire Park* pantomimes and acclaimed shows *The Invisible Man*, *The Hound of the Baskervilles* and *Around the World in 80 Days*.

Bat Out of Hell (25th–30th August) featuring Meatloaf and Jim Steinman's

greatest hits returns to the *Congress Theatre* — do anything to get tickets!

Step into the magical world of Narnia as ***The Lion, The Witch and The Wardrobe*** (12th– 6th August) is set to bring audiences of all ages an adventure of a lifetime. Family fun continues with ***Dino Tales*** which roars into town, watch out for the mighty T-Rex! (21th August) Comedy with ***Dara O' Briain*** (12th September) and ***Josh Widdicombe*** (26th September).

Heading into Autumn the 13 Olivier Award nominated ***Fiddler On The Roof*** which promises electrifying performances comes to the *Congress* for what promises to be an absolute must see (4th–8th November).



For full details see:
www.eastbournetheatres.co.uk

Annual Garden Party

***THE Friends of the Devonshire Park Theatre* invite friends, members and visitors to their *Annual Summer Garden Party*.**

By **Gail McKay**

With homemade refreshments, stalls and entertainment from *Black Strap Molasses* and *Stardust Duo*.

It's being held at the stunning garden at *Chelmsford Lodge*, by kind permission of Mrs Jane Stevens, weather permitting.

In the last year the *Friends* have helped the theatre with £8,000 for repairing the outside facade, £13,000 for upgrading the audio visual equipment and £25,000 for

new LED lighting below the dress circle to light the stage.

New members get a great deal. 25% off first night tickets, attending 'Meet the Cast' nights and many social meetings.

The theatre was described on TV recently by Geoffrey Holland — 'as like walking into a wedding cake'.

The *Garden Party* will be opened by patron, John Hester.

**2–4:30pm, Chelmsford Lodge,
 12 Granville Road BN20 7HU**

www.fodpt.org.uk

A Classical Spectacular

5pm, Sunday 21st September 2025
 Congress Theatre, Eastbourne BN21 4BP

The Kanneh-Masons

Beethoven Triple Concerto
 with The Kanneh-Mason Trio

Verdi Requiem

The English Arts Choral
 The English Arts Orchestra

**Vocal soloists selected through
 The Eastbourne International
 Singing Competition**



Elgar

**Pomp & Circumstance
 March No.1**



**Tickets: £42, £34, £28, £19
 Full-time students £6
www.englisharts.org**

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Robinson Academy Showcase
Saturday 5 July



The Summer Season Production: Curtain Up
Every Wednesday until 15 October



The Amy Winehouse Experience
Friday 11 July



The American Four Tops Show
Saturday 12 July



RHT

Royal Hippodrome Theatre



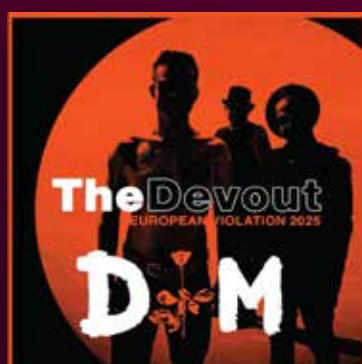
Herman's Hermits
Sunday 13 July



The Johnny Cash Roadshow
Saturday 19 July



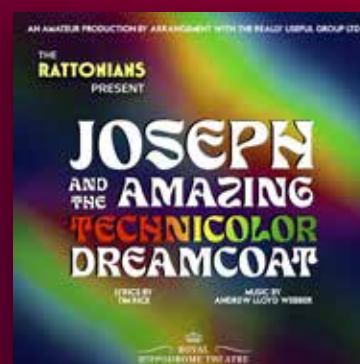
Lake Academy of Dance
Saturday 14 June



The Devout
Friday 25 July



Lindisfarne
Saturday 26 July



Joseph and The Amazing
Technicolor Dreamcoat
30 July - 2 August

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Royal wedding cellist comes to Eastbourne

THE young cellist who played at Prince Harry's wedding, Sheku Kanneh-Mason is bringing two of his siblings to Eastbourne to play Beethoven at the Congress Theatre on Sunday 21st September.

By **Leslie Olive**, Artistic Director, The English Arts Chorale and Orchestra

They will play a concerto by Beethoven which showcases three virtuoso musicians – cello, piano, and violin. Sheku Kanneh-Mason will play the cello, his sister Isata will play the piano, and brother Braimah will play the violin.

They are part of a family of seven brothers and sisters ranging in age from 27 to 14, all of whom play either violin, piano, or cello.

Their Beethoven performance is part of A Classical Spectacular, which opens with Elgar's Pomp and

Circumstance March No.1. After the interval, the music changes to the dramatic and spectacular Verdi Requiem with its famous part for a very big bass drum. One of the most expressive opera composers of all time, Giuseppe Verdi combines the words of the Christian "Requiem" with all the fire and theatrical power of a major opera, performed by four vocal soloists, choir, and symphony orchestra.

The four vocal soloists for this performance have been selected in collaboration with the Eastbourne International Singing Competition, which took place in May and attracted young professional soloists from around the world.



Presented by *The English Arts Chorale and Orchestra*, the Classical Spectacular begins at 5:00pm on Sunday 21st September at the *Congress Theatre*. Tickets are on sale now from the Theatre.

www.englisharts.org

This is not The Royal Academy

JULY will see the launch of 'This is Not The Royal Academy' Summer Exhibition, Gallery@42's wry take on Salon de Refusés – it is the summer after all.

By **Gail McKay**

The artists

Colin Knapp – theatrical staging.

Jane Hicks – wistful whimsicality.

Pennie Cunliffe-Lister – meditative forestscapes.

Renee Rilexie – inwardly thought-provoking.

Ed Gouldstone – constructional serendipity.

Kathy Russell – small is beautiful.

Lindy Dunbar – fluid floating figures.

Alan Taylor – planes n boats n trains.

Sarah Richardson – light on the world.

Sue Branch – pastoral walks in fauvism.

Little Chelsea

Festivities were in full swing at 'Summer in Little Chelsea' in June. It was a great opportunity to meet



younger artists and they raised £85 for *St Wilfrids* through the 'Draw your own pet' competition. The four young prize winners and have exhibited their drawings in the *Gallery@42* window.

The Woven Legacy of Rashida Russell, part of the weekend's events at the Gallery, raised £422 for community projects in Nepal.

'The Salon Refusee' or 'This is not The Royal Academy Summer Exhibition' opens on 10th July with late Opening event on Saturday the 12th July, 6–9pm.

Gallery@42
42 South Street,
Eastbourne BN21 4XB

www.galleryat42.co.uk

Harmonize Productions are back at The Oval

AFTER some time away, *Harmonize Productions* are delighted to be back at the *Oval Arena*.

By **Nicki Watts**

***Harmonize Productions* are a group of local entertainers, (primarily but not exclusively singers) who love putting on events to raise money for a variety of good causes. They mainly focus on local, smaller charities, although also support some more well-known causes.**

The recently refurbished *Oval Arena*, located in Channel View Road, Eastbourne, have welcomed *Harmonize Productions* back and we have events booked in for the rest of the year.

Coming up soon:

On the 2nd August we will be bringing you *Shania and Friends*. Local singer Linsey Jane provides a Shania Twain tribute and she will be supported by a fine selection of other local artists. This show will be supporting the charity *Children with Cancer Fund*.

On the 23rd August we will be putting on a fun, lively Country and Western night. This is a triple charity fundraiser supporting the *RNLI*, *Beachy Head Chaplains* and *Coast Guards*.

Entry to each show is £5 cash or card on the door. There will also be a raffle or tombola at each show, with attractive prizes up for grabs. Save the dates. We look forward to entertaining you!



It's a miracle after David breaks neck

EASTBOURNE-based actor David Horne is planning to celebrate his forthcoming milestone birthday with a free celebratory concert at *St Saviour's Church* in August.

By **Peter Lindsey**

Although he fears it may seem self-indulgent, eight years ago David had nothing to celebrate.

Tripping outside his home in 2017, David broke his neck in the fall, shattering the top two vertebrae C1 and C2, known by medics as the 'Hangman's Fracture'.

With a piece of bone called the odontoid peg completely broken off

and touching his brain stem, surgery to repair the damage was considered too risky and surgeons across the country refused to operate because of the high probability that David would die or end up paralysed from the neck down.

Instead, the orthopaedic surgeon in charge took the decision to fit a head and neck halo brace, which was screwed into David's skull to prevent any movement.

This remained in place for many months. The hope was that sufficiently strong scar tissue would

grow to hold his head in place, known as fibrous union.

When, in July 2018, a scan showed that the shattered bones had fused, and the odontoid peg had gone back into place, David's consultant declared that it was a miracle. There was no medical explanation.

Every day since then has been a bonus, and with his 80th birthday approaching it seems like the perfect occasion for a public entertainment.

David Horne is particularly known to Eastbourne audiences for his many appearances at the *Devonshire Park Theatre* – over 40 different productions as either actor or director.

In 2016 he appeared in the first national tour of ITV's popular series

Heartbeat as garage owner and undertaker Bernie Scripps.

He has directed many national tours, including *Rebecca*, *Private Lives* and the first ever stage adaptation of John Galsworthy's *The Forsyte Saga*.

***Life Begins at Eighty: A Celebration in Music and Comedy*, will be held at *St Saviour's Church* on Saturday 9th August at 3pm.**

Admission is free, with voluntary donations to *St Saviour's*.

Presented by David Horne and Gail Brundle, performers will include the *Renaissance Singers*, directed by Paul Collins; tenor Paul Frisby, baritone Ian Collins, organist John Ross, *St Saviour's Choir*, with a special guest appearance from Lady Crabtree.



Lady Crabtree with David at the Conquest Hospital.



Green and pleasant

WITH the advent of July, we can hope for long, warm days that continue late into the evening, perfect for those of us who enjoy pottering in the garden after work, maybe hosting barbecues, and more importantly enjoying your beds and borders as they reach their peak. It is essential to keep plants looking good by regularly dead-heading and you'll be able to enjoy a longer display of magnificent blooms. Make sure you keep new plants well-watered, using grey water where possible, and hoe off weeds, which always thrive in the sunshine.

By **Geoff Stonebanks**

This month also heralds the time of year when we are most likely to have to engage in many hours spent watering our plots too. If, like me, you find it therapeutic, all well and good, if not, then it can be a real chore but a very necessary one if you want to keep your blooms in tip top condition. July can also be a holiday month, so remember to take account of houseplants. Most will tolerate a few days' absence without suffering.

National Garden Scheme

There are quite a few gardens opening this month, like *Cupani* in Sandgate Close, Seaford on the 7th July and

Seaford Gardens South comprising eight plots on the 13th. Also, on Sunday the 13th there are two gardens opening in Eastbourne together, from 1pm to 5pm, with a combined entry of £5. The first, 16 Hardy Drive is a small coastal town garden, made private by strategic planting and plenty of work and the second, 36 Jellicoe Close a new front and rear garden created over the last five years on shingle/beach reclaimed land. It is a Mediterranean, cottage style garden with wildlife, ecology and sustainability at its heart. Full details on all gardens at www.ngs.org.uk

The Garden Show

Running until the 13th July in Seaford's *The Crypt Gallery*, prepare to be immersed in a vibrant celebration of nature and art as the Arts Charity *SCIP* transforms the space into a captivating

botanical arts festival, "The Garden Show". Known for their bold and insightful exhibitions, *SCIP* returns with a three-week exploration celebrating all things floral.

Visitors will be treated to a diverse collection of artworks, including the whimsical fine art of Hello Marine, the delicate ceramic creations of Frances Doherty, the intricate prints of Kit Boyd and Lisa Stubbs, and the captivating illustrations of award-winning Graham Carter, each offering a unique perspective on the floral world.

Alongside the exhibition, a range of free, hands-on art workshops for all ages will be offered, including engaging sessions for children and young people. Dive into the world of cyanotype printing or create vibrant Mexican-inspired floral headwear!

The *SCIP Studio* will blossom into an extraordinary paper rainforest, meticulously crafted by the charity's youth group in collaboration with paper artist Lauren Hayes. This immersive installation, co-designed and populated by the young participants with tropical flora and fauna, promises to be a breathtaking spectacle.

Adding a unique touch, community volunteers have spent the past three months crafting fascinating fungi sculptures that will be artfully installed within the stunning medieval undercroft of *The Crypt Gallery*. This creative juxtaposition of organic forms within the ancient architecture, a scheduled monument and one of the UK's oldest of its kind, offers a truly unique experience.

Throughout the exhibition, visitors can also enjoy a selection of films, including *SCIP*'s co-founder Alice Carter's film exploring the local community's relationship with gardens which includes an interview with me at *Driftwood* last month too.

With live demonstrations and a dedicated creative kids' corner, "The Garden Show" offers a delightful blend of art, hands-on activities, and cultural heritage, making it the perfect destination for all ages to learn, create, and appreciate the vital ecosystems that surround us, all within the atmospheric setting of *The Crypt Gallery*. For more information, please visit www.wearescip.co.uk

July jobs

I don't have a lawn in my garden but I guess many of you do! High temperatures and low rainfall can take their toll on many green plots. Applying a good summer lawn fertiliser following a rain shower or after just watering it can help too. In dry weather mowing less frequently will avoid scalping the lawn. If you have a wisteria in the garden then July or August is a good time to prune after flowering. Focus on the long, vigorous shoots that have grown up over spring and Summer. Cut them back to five or six leaves, or a couple of buds from the base. By doing this you will control the size of the plant and encourage flowering shoots to be produced rather than green leaves.

Pictured in header, pretty trifolium, part of the clover family, at *Driftwood* attracting the bees.

Read more of Geoff's garden at: www.driftwoodbysea.co.uk or email visitdriftwood@gmail.com to arrange a visit before 3rd August.

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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