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06/25

Issue 060
June 2025

Pages 41–50

Pages 33–40



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

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Our volunteers really are so special

JUNE always marks the start of *Volunteers Week*, and this month we are featuring a number of them in our special spotlight.

By **Peter Lindsey**

Where would we be without volunteers? They do such an amazing job and make a real difference to many charities and voluntary organisations.

I happen to belong to one of them – the *Rotary Club of Eastbourne AM* – and while *Rotary* has a somewhat staid image to many, we do amazing work, locally, nationally and internationally.

Our club, for example, is responsible for events such as the annual *Tree of Light* outside the *Towner* at Christmas, and the *Beachy Head Lighthouse Challenge*, which this year was held on Sunday May 25th.

Talking of charities, and 28 benefitted this year from the annual *Arlington*

Bluebell Walk and Farm Trail, run by the amazing John McCutchan.

They raised just under £96,000, which is an incredible feat. To date, *Arlington Village Hall and Church* have now collected £308,956.00, quite a significant sum for a relatively small Sussex village.

Many of us enjoy the annual *Bluebell Trail*, and this year the bluebells looked as stunning as ever. Well done John and team!

Carnival will have passed by the time you read this – it was on Saturday May 24th – but I want to pay tribute to Mina from *Ditzy Media* and her team.

It's a marvellous community event, only made possible by Mina. She deserves a huge thank you from the town's people.

Mina will be taking on an new extra role, at the *Eastbourne Education*

Business Partnership, when Tim Sorensen retires at the end of the year.

Tim has been at the helm for many years and has made a huge difference to local schools and businesses, most importantly to our young people. I can remember working with Tim on the launch of *Eastbourne Youth Radio* 25 years ago. It's still going strong, very strong in fact, a wonderful testimony to Tim's marvellous work.

We are busier than ever at *Bournefree*, welcoming new advertisers and working with more community groups than ever.

We are delighted to be working with the organisers of the *Eastbourne Business Awards* again, our Sales and Marketing Manager Gail is a Judge, and we will, of course, be publicising the event. It's an important event for the town, celebrating the very best of our local businesses.

We are now into the summer season, we have *Tennis Week* later this month and then all eyes will be on *Airbourne 2025*.

These are challenging times and let's hope for a successful summer in Eastbourne.

Bournefree

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

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



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Image: Rosie Powell.



Image: Cameron Brown.

Exciting new Farmers Market

SATURDAY 7th June sees the launch of Eastbourne's most exciting new market for foodies.

By **Emma Haggerty**

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.

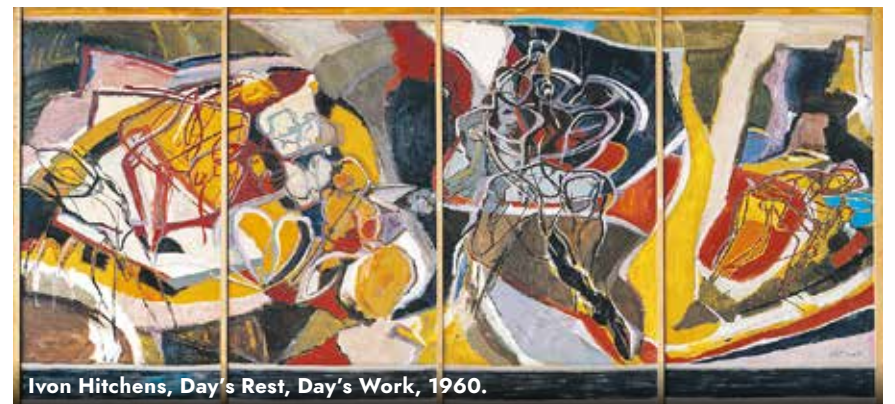
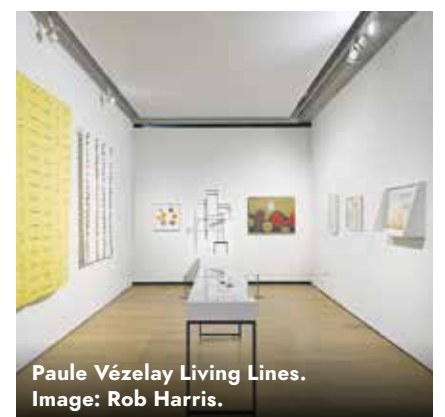
Cream of the crop

Browse stalls from the cream of the crop of local producers including Eastbourne favourites *Nelson Coffee Roasters* and *To The Rise Bakery*, fresh organic fruit and vegetables from *Barcombe Nurseries*, local cheeses from *Pevensy Cheese*, plant based bakes from Eastbourne's *Ace of Bakes*, jams chutneys and pottery from *Cade Street Potter*, and locally produced tipples from *Long Man Brewery*, *Harley House Gin* and *Henners Vineyard*. There will also be freshly cut flowers and live music from 10am to 12 noon from local folk musician Liz Overs who will be setting the vibe by playing from her newest album *Nightjar*.

Towner's Head of Events Hannah Jordan is excited for the launch of the new market, which will continue monthly throughout the summer. Hannah said, "Along with our friends at *Eastbourne Food Partnership* and *Eastbourne BID*, we've worked hard to select the perfect blend of stalls for the market, with only the most delicious treats on offer. We're looking forward to seeing the market evolve over the summer, with some regular stalls returning and new additions each month. We think the market will be a real asset to the town and its small businesses, as well as a great weekend outing!"

Textiles Fair

If you haven't had enough retail therapy at the *Farmers Market*, on the weekend of 7th and 8th June you can also head on into Towner's ground floor for the gallery's much anticipated *Textiles Fair*. Showcasing the very best textile makers working both locally and from further afield, visitors can check out a range of unique and creative products, including clothing, accessories, homeware, leather goods and millinery. There's something to suit every budget and the fair is free to enter.

Ivon Hitchens, *Day's Rest, Day's Work*, 1960.John Stezaker, *Mask (Film Portrait Collage) CCXVI*, 2015.Paule Vézelay *Living Lines*. Image: Rob Harris.

Sussex Modernism

While you're at Towner, you must head upstairs to check out the gallery's brand 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 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).

Living Lines

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

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

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

Ditzy Media

Helping local businesses and non-profits for 11 years in Eastbourne.

IF you are struggling to know who you can lean on for social media support – look no further than the team at *Ditzy Media*.

By **Harry Farmer**

Their team offer a wealth of support and training and are passionate about supporting their local community.

Founded in 2014 by Mina O'Brien – *Ditzy Media* are located in the heart of town centre and regularly welcome businesses and non-profits in for 1-2-1 and group training sessions.

They also take the pain out of social media by offering full content creation packages – from writing social media posts to creating graphics and videos – and scheduling everything so you can get on with your business.

In June – they have social media marketing workshops coming up!

- Social Media Marketing – 11 June.
- Video Marketing – 18 June.
- Creating Graphics using Canva – 27 June.

These are perfect for learning tips and techniques to help your social media stand out.

To find out more about all the help and support from *Ditzy Media* –

Visit: Ditzymedia.com,
Call: **01323 720497** or
Email: info@ditzymedia.com



BIG Futures Show is a huge success

***THE Big Futures Show* was once again very popular, held at *Eastbourne Sports Park*.**

By **Tim Sorensen**

It is the largest employability, skills and jobs event in the area. More than 2000 visitors came from across East Sussex, including students (aged 14+) as well as parents, carers and anyone looking for work or training.

The Show was organised by *Eastbourne Education Business Partnership*, a registered charity, in association with *Eastbourne Borough Council*.

Some 80 organisations, representing a wide range of employment sectors, provided interactive exhibits, advice and guidance.

Visitors received a comprehensive show guide that schools also used together with lesson plans to help them make the most of their visit.

The organisers are grateful for sponsorship from *Eastbourne Borough Council*, *East Sussex Healthcare NHS Trust*, *Bexhill 6th Form College*, *Edwards Vacuum*, *Construction Industry Training Board*, *East Sussex College* and *Recruitment South East* plus support from *Wave Active*, *CloudConnX*, *CCLI*, *Posturite*, and *Marie-Louise Tibbles Photography*.

Here is some of the positive feedback: "BFS gives a brilliant opportunity for employers to meet young people and for both sides to better understand the modern workplace, and needs of future employees." – *Sovereign Commercial Installations*, exhibitor.

"The *BIG Futures Show* was a fantastic event with a roomful of opportunities, aspirations and networking, showcasing a plethora of training, careers, qualifications, universities and much more." – *University of Chichester*, exhibitor

A dedicated job-seekers area, managed by *Recruitment South East*, promoted details of the many current job and training opportunities with show exhibitors for those visitors who were seeking a more immediate choice.

The date for *BFS 2026* has been set for Tuesday 28th April at *Eastbourne Sports Park*.





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Lightning Fibre supports Railway Club

ROB Reaks, Chief Commercial Officer at *Lightning Fibre*, has been out and about in the community once again.

By **Peter Lindsey**

He presented a cheque for £250 to *Railway Club* founders Anne Blake-Coggins and Cllr Anne Marie Ricketts at the *Station Youth Centre*, Hailsham, to coincide with the *Railway Club's* VE80 celebrations.

Lightning Fibre also provides free broadband to the centre with lightning-fast, rock-solid connectivity.

Club sessions take place on the lower floor of the *Station Youth Centre* in Western Road every Wednesday. The club is open to anyone aged 55 or over who are struggling to stay warm at home, or who are experiencing social

isolation and would like to chat with others and meet new friends.

As your local, community-focused Full Fibre Broadband provider, *Lightning Fibre* committed to reducing our environmental impact and helping to build a greener, smarter Eastbourne.

Its Community Engagement Team regularly partakes in litter picks at its adopted beach and also takes part in community clean-ups organised by others — most recently joining a litter pick at the Polegate Recreation Ground led by *Polegate Town Council*.

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Your Eastbourne Business Improvement District:

Serving up a Grand Slam Summer

As the sun continues to shine on the UK's sunniest town, there's no better time to explore Eastbourne's town centre and enjoy a fantastic line-up of events. From artisan stalls to live music and sporting excitement, there's something for everyone this June!

YOUTH MARKET

31st May, 10am–4pm, Terminus Road

Eastbourne's vibrant Youth Market returns, showcasing the talent of young local entrepreneurs. Browse an array of stalls offering everything including homemade bakes, cosmetics, jewellery and street food. Come along to support the next generation of traders!

FARMERS MARKET

7th June, 9:30am–1:30pm, Towner Plaza

We're thrilled to launch Eastbourne's very first Farmers Market, in partnership with the Towner Gallery and Eastbourne Food Partnership. Located in the cultural heart of the Devonshire Quarter, the market features fresh seasonal ingredients for food and drink – perfect for foodies!

LITTLE CHELSEA SUMMER FAYRE

21st June, All Day, Little Chelsea

Join the fun in the Little Chelsea area for a day filled with live music, entertainment, and community spirit. With your favourite independent shops taking part, it's the perfect opportunity to discover something new while soaking up a festival atmosphere.



EASTBOURNE GRAND SLAM

23rd–28th June, All Day, Terminus Road

Celebrate the return of world-class tennis to Eastbourne with the Lexus Eastbourne Open. In collaboration with the Lawn Tennis Association, a big screen on Terminus Road will stream live centre court action. Plus, enjoy local stalls, interactive play zones, and mini courts where you can try your hand at tennis or swingball.

Loving Local: Business Highlights

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* Subject to terms and conditions

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The Faces of Victoria Place:

Sneha & Sajith

Meet Sneha and Sajith, owners of Malayalam.

Rooted in tradition, Malayalam is a showcase of authentic Keralan cuisine. From fragrant coconut-infused curries to slow-cooked meats, their South Indian menu is crafted with hand-ground spices and the freshest of ingredients.

Unlike any other curry you'll find in Eastbourne, each dish reflects the soul of Kerala's vibrant culinary heritage.

Dining with Malayalam is more than just a meal, it's a journey through Kerala's rich flavours and traditions. Come and indulge in the true taste of God's Own Country – Kerala!



Loving Local: Business Highlights

After Hours 2

After a sold out first event, Shifty Events, Eastbourne's newest and liveliest event planner is back taking over Eastbourne Cocktail Club and The Bear Club with After Hours 2!

On Saturday 14th June 2025, After Hours 2 House Night is set to be a sell out again! With Elliot Crawford and Laero Club spinning house tracks until 4am across both floors, this is one not to miss! Pure vibes, pure energy.

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

Keep your eyes peeled and follow us for Shifty Events' future plans... the biggest one day music festival Eastbourne has ever seen, held in Princes Park this August!!

18+ only. ID will be required.



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.



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Poets, Poseurs & Patience

GILBERT & Sullivan’s satirical spark hits *The Grove Theatre*.

By **Peter Lindsey**

If you thought Victorian operetta and Instagram influencers had nothing in common, think again! Eastbourne Gilbert & Sullivan Society is bringing *Patience* – one of G&S’s most gloriously silly works – into the 21st century, and it’s coming to *The Grove Theatre* this June.

In this updated version, the dramatic poets of the 1880s are now modern-day influencers, competing for fame, followers, and the affections of one thoroughly unimpressed dairymaid.

Society vice chair Rowan Stanfield explains: “We wanted to show how relevant the humour still is. Today’s influencers are really just the latest version of the same self-important romantics Gilbert was writing about. It’s the perfect match.”

At the heart of it all is *Patience*, the sweet but baffled young woman caught between two men—one moody and mysterious, the other



Louise Cleland (Ella), Nigel Lawton (Duke), Richard Tanner (Major) and Rowan Stanfield (Saphir).

perfect and popular—while a chorus of highly emotional admirers (and some bemused military men) swirl around them in romantic chaos.

Expect sharp satire and a generous dose of musical mischief. With Sullivan’s sparkling score brought to life by Musical Director Tony Biggin and a talented local cast, *Patience* promises a night of laughs, lyricism, and just the right amount of the absurd.

Eastbourne G&S is known for its imaginative, high-quality productions that make operetta accessible and fun for everyone, and this version of *Patience* is no exception.



Yvonne Lloyd (Patience).

Catch it at *The Grove Theatre* from 11th–14th June.

Tickets available now via www.GroveEastbourne.com

So whether you’re a G&S veteran, a musical theatre fan, or just fancy a night of smart satire and local talent, don’t miss this brilliantly updated take on a classic comedy.

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IN 1995 in Lewes, Tub Collins began collecting unwanted furniture and household items in a milk float and redistributing them to residents in need.

By **Sarah Hinks**

Fast forward to 2025 and Furniture Now! is a charity with three stores in Lewes, Hailsham and Eastbourne supporting communities across Sussex.

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The stores are full of an ever changing stock of good quality donated furniture at affordable prices, sofas, beds, tables, wardrobes alongside other smaller household items.

The charity's biggest treasure are its staff and volunteers who work together to make a positive social, environmental and economic impact in our local communities.



Everyone can help the circular economy by reducing, reusing and recycling furniture and household items. Be part of *Furniture Now!*'s solution by:

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It's time for tennis, sunshine and strawberries

JUNE is traditionally Tennis Month when the stars come to Eastbourne for the annual tournament.

By **Peter Lindsey**

The Lexus Eastbourne Open tennis tournament is held at Devonshire Park between June 21st–28th.

It's a bit different this year – Eastbourne has been downgraded to WTA 250 status which means fewer ranking points will be awarded as well as meaning that only three top-30 players could play.

However, there is great optimism that the event, wonderful, as it is, can still be a resounding success for our town and our economy.

It will still be bringing together some of the biggest names in the sport for a week of world class tennis on the south coast.

Want to see Kartal, Krejčíková, Fritz and more tennis stars this summer? Don't miss your chance to secure the best seats at the *Lexus Eastbourne Open*.



Image: Emily Barnes.

Tickets start from just £11 for adults and £5 for under 16s.

www.lta.org.uk/fan-zone/international/lexus-eastbourne-open

Meanwhile, the tennis fanzone will have all the action live from Centre Court!

This is a completely free, ticketless event, allowing you to soak up the (hopefully) summer sun, enjoying world class tennis whilst enjoying our town centre. It will be located at Bankers Corner.

Stephen Holt from *Your Eastbourne BID* said: "We are really looking forward to the tennis this year – and are delighted to be able to bring back the big screen TV. 28th June which will broadcast all the action from the *Lexus Eastbourne Open Tournament*.

We've got a number of opportunities for businesses to be involved in the event, including promotional space on the big screen TV, the return of our window dressing competition and our summer map."

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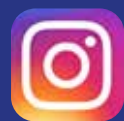


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Medieval Castle

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



Gardens and Woodlands

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



Eat and Drink

Indulge in cream teas, local ales, and light bites on the terrace—with the castle's western gatehouse and ancient chestnut trees as your backdrop.



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The Big House

THERE is something special happening at *Eastbourne Artists Summer Open Houses and Studios* on the 7th – 8th and 14th – 15th June this year when author Ross Patrick will be showing his children’s story book with illustrations by local artist Helen Warren at *The Big House*.

By **Gail McKay**

The Adventures of Mr Wobblebot is Ross’ first book and Helen’s first at illustrating a published book.

Ross says that the book is dedicated to, and the story includes, his three grandchildren. It tells the story of a fantastic adventure the children go on, meeting the mysterious Mr Wobblebot and flying on a magic bus to Ireland. Helen was delighted to create the colourful illustrations something she had always wanted to do. This fairy story is suitable for all ages and will be on sale at *The Big House* for £7.99.

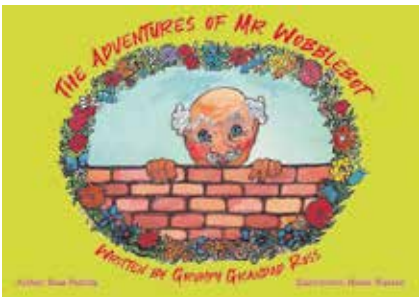
Together with Ross Patrick’s book there is lots to see at *The Big House* with ten artists and makers showing paintings textiles, jewellery, glass, furniture and ceramics at 49 Prideaux Road. Open both weekends from 11:00am – 5:00pm.

There are 29 venues taking part in this summer’s artists open houses. These include old favourites like Julian Sutherland-Beatson, Vicky Disney and Fiona Morrison and friends.

Also there is two galleries plus the *Lansdowne Hotel* which has paintings on display while supporting *Friends of Eastbourne Seafront*.

Visiting *Eastbourne Artists Open Houses and Studios* is a great way to see the creative work of local artists and makers in a domestic setting. Most work is for sale but there is no pressure to buy, it is free to just look and be inspired!

Pick up a colour brochure with maps at *Towner*, *The Welcome Centre*, *The Lighthouse* or any of the participating venues. Or you can download the brochure at: www.eastbourneartists.com/open-houses



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Did you spot Blue Heart at The Beacon?

FROM 9th–11th May, *Blue Heart* took over *Gather* at *The Beacon* in Eastbourne for a vibrant and engaging pop-up shop – and what a few days it was!

By **Sarah O’Flaherty**

We were there to meet the public, share ideas, and spark conversations about flooding and the future of water in Eastbourne.

Over three days, we welcomed many visitors, offering a mix of interactive activities, creative installations, and informative displays.

A highlight of the event was a series of fascinating walks led by Jo Seaman, exploring the hidden history of water in the town. These walks helped bring Eastbourne’s waterways to life in new and unexpected ways.

The real stand out feature was an incredible art installation by Susanna

Easton and Jenna Arnot, which stopped people in their tracks and got them talking. The installation sparked meaningful conversations about all sorts, including how water shapes our lives – and what we can do to manage our own flood risk.

We had a great time talking with residents of all ages about their experiences with water, local flooding, and what practical steps we can all take to be more resilient.



Missed us at *The Beacon*? Don’t worry – there’s more to come.

To learn more about the *Blue Heart* project and how we’re supporting Eastbourne to adapt to future flooding, visit: www.blueheart.org.uk









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The bet that changed a life

LYN Funnell lives in Golden Cross near Hailsham and co-runs the online magazine website *Unknown Kent and Sussex*.

By **Peter Lindsey**

She has also published ten books online. The latest, just released, is *Fat Hope! – The Bet That Changed a Life*.

A hilarious and heartwarming journey of self-discovery, *Fat Hope!* is a sharp, witty take on responsibility, privilege and the unexpected lessons that life throws our way.

Here is Eastbourne journalist Carol Davies's review:

With losing weight being a topic that hits the headlines every day, this is a story that would easily transfer to stage and screen. Its main characters would be even more hilarious in lifelike form.

It is a book which you might not rush to read but once you get into it I found it difficult to put down to find out how. Candy, a 16 stone plus

woman, manages to shed pounds, under the supervision of George, and win him a bet at his local pub.

George lives a very different lifestyle from Candy. He doesn't need to work (his father is a successful businessman) and he spends his time at the pub chasing pretty girls and placing bets.

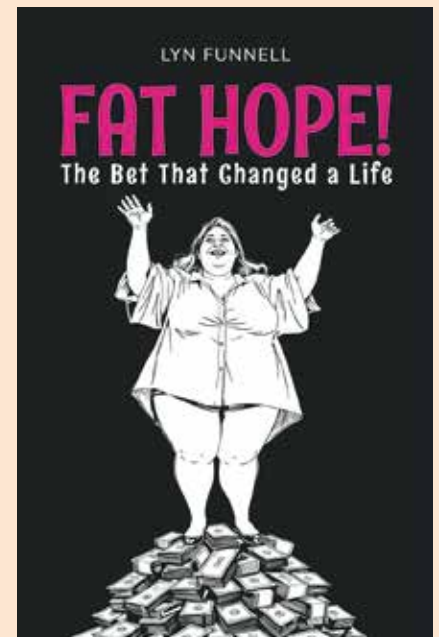
Candy has just quit her job because the office staff make fun of her size. George wouldn't look at her twice

When the two of them come together it's a barrel of laughs all the way, with George's mates helping move the comedy along.

What started off as a bet becomes a money earning business, in which they discover you can't always judge people by their appearance.

Fat Hope! – The Bet That Changed a Life can be ordered on Amazon.

The UK&S website can be found at: www.unknownkentandsussex.co.uk



Lyn Funnell.

St Wilfrid's Starlight Stroll

A walk to remember

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

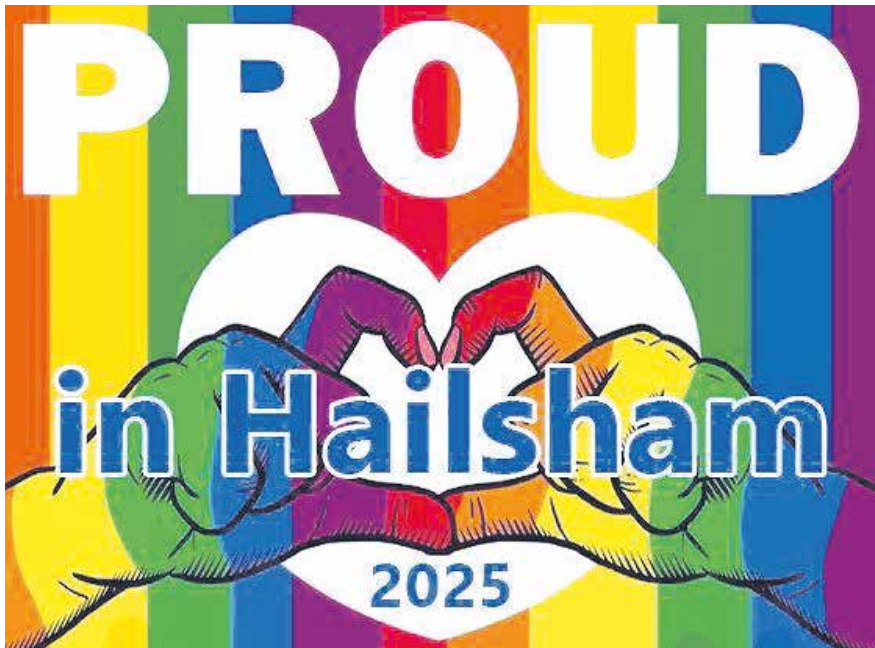
- ★ Choose from the traditional 5-mile walk, or take on the more challenging 10-mile route
- ★ Both routes start from Princes Park, Eastbourne
- ★ Lay your decorated lantern in the beautiful Italian Gardens and take a moment of reflection
- ★ £15 early bird (until 31st July), £20 standard, under 5s register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

Saturday 13th September 2025

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



St Wilfrid's Hospice



Pride comes to Hailsham

JUNE is Pride Month – and Hailsham is certainly playing its part.

By **Peter Lindsey**

This year's 'Stand Proud in Hailsham' event takes place at the White Hart in Horsebridge on Saturday June 28th from noon until midnight.

The event is being held to bring the whole community together to celebrate equality, friendship, diversity and inclusivity in Hailsham.

Featuring a variety of live entertainment, there will be music from acts such as pop, rock and indie band 'Supersaurus', soft rock and upbeat blues singer 'Moss Casa' and cover band 'Hot Parrots'.

The event will also feature drag vocalist and comedian Fonda Cox as the headline act, children's entertainer Awesome Alfie and DJ Neil Povey kicking off proceedings – playing an 80s music selection and closing the event before midnight.

There will also be a *Rainbow Bingo* session (hosted by Sam), children's facepainting (courtesy of 'Fayz') and hot bar food available from 1pm to 9pm (provided by *Sparkles by the Pond*).

Entry is free and children are invited to attend the event from the start at midday until the 7pm watershed.

The itinerary of entertainment and activities on the day is as follows:

- Midday-12:30pm | Event opening and music by DJ Neil Povey
- 12:30pm-2:15pm | Live music with The Hot Parrots
- 2:30pm-4:30pm | Children's entertainment with Awesome Alfie
- 4:30pm-5:15pm | Rainbow Bingo with Sam
- 5:30pm-7:15pm | Live music with Supersaurus
- 7:15pm-8pm | 80s Mania with DJ Neil Povey
- 8pm-9pm | Live music with Moss Casa
- 9pm-10pm | Performance by Fonda Cox
- 10pm-11pm | Live music with Moss Casa
- 11pm-Midnight | Music by DJ Neil Povey

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Local ukulele group strikes a chord for charity

A LIVELY ukulele group is bringing joy to care home residents while raising thousands for charity — one strum at a time.

By **Michael King**

The Pevensey Ukulele Group (PUG's) a 40-strong ensemble of enthusiastic players, many above the age of 60 years, has become a beloved fixture at care homes across Eastbourne and surrounding areas.

They deliver uplifting performances of classic tunes, pop hits, and folk melodies. But their music does more than entertain—it also fuels their mission to support worthy causes.

Charity

Since forming more than 14 years ago, the group has raised many, many hundreds of pounds for local charities such as 'Children With Cancer Fund'.



This charity alone has received in excess of £1,800 from PUG's. Their cheerful performances, featuring sing-along favourites from The Beatles, ABBA, and traditional folk songs, have earned them a devoted following among residents and staff alike.

Spreading happiness

"There's something magical about seeing faces light up when we play," says Al. Coomber, the group's LEADER. "Music has a way of bringing people together, and if we can spread happiness while raising money for good causes, that's even better."

The group, which includes players of all skill levels, rehearses weekly

on a Tuesday at the *The Holly Blue*, Hailsham Road, Pevensey and welcomes new members.

Ukuleles in schools

"We'd love to reach even more care homes and festivals this year," adds Al. "The more we play, the more we can give back." We realise also that many school children would be interested. They now are playing Ukuleles in their school music lessons as apposed to the traditional Recorder that once was so popular.

For more information, upcoming gig dates, or to support the group, visit the 'Pevensey Ukulele Group — PUG' Website on Facebook.



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Tim hands over the reins to Mina after more than 30 years

AN organisation that for more than 30 years has helped thousands of young people forge their futures, is soon to have a new leader at its helm.

By **Keith Ridley**

Eastbourne Education Business Partnership will be saying a grateful farewell to Tim Sorensen at the end of the year when he retires following the 25th anniversary broadcast of Eastbourne Youth Radio and then the Pantomime Technology Challenge – oh yes it will!

Eastbourne-born Tim has been the face of *Eastbourne EBP* for more than three decades and was involved in the launch of education business partnerships in the late 1980s, whilst still in business in Lewes.

His role will be taken on by well-known local businesswoman Mina O'Brien, already a close friend of the partnership who owns and runs social media firm, *Ditzy Media*, and who is also widely known as the chair of *Eastbourne Carnival*.

30 years at the forefront

Tim has been a witness to an ever-changing landscape – and the ups and downs of funding and changing

political agendas – during his 30 years at the forefront.

"It is testimony to his commitment and sometimes impatient perseverance that *Eastbourne EBP* is now the only remaining one in the whole of Sussex and part of a much-diminished network across the country following government cuts in 2008", said close colleague and trustee Keith Ridley.

Operating as a charity on a not-for-profit basis that has provided a sustainable delivery model, the education business partnership has helped many young people, working in partnership with the local business community.

Popular events

Drawing on his previous experience in engineering, IT and general management across several different business sectors, Tim has created and delivered a calendar of well-established and popular events for schools across the Eastbourne area.

Most prominent among these have been *The BIG Futures Show* – recently delivering its eighth annual event – the hugely popular



Tim Sorensen with his successor, Mina O'Brien.

Eastbourne Youth Radio and various challenge events including *Young Chef* (27 years), *Junior Engineers* (13 years), *Junior Enterprise* (14 years) and *In-Bloom* (31 years).

A serial networker, Tim has been single-handedly successful in securing the financial support and involvement of literally hundreds of businesses over the years.

Supporting young people

"Many are now close friends, some crossing the road when they see me!", he said, "but all are equally committed to supporting the learning and employability skills of young people."

Asked what he would miss after so many years at the helm, Tim said: "It will be the look on the faces and sense of achievement of the young people participating in new things with new people, and the fun that we grown-ups have had learning at the same time.

"It has been a privilege to be able to help so many people, young and older, in what is a fabulous community and where I have so many family roots and memories.

More a case of au-revoir rather than goodbye – lead me to the deckchairs and an ice-cream!"

Exciting appointment

The trustees of *Eastbourne EBP* were delighted to announce the appointment of Mina O'Brien, who will be working alongside Tim in the coming months for an extended handover period. She will help plan this autumn's youth radio event and school challenge events such as *Junior Enterprise*.

Said Mina: "I am very excited to be working with the *Eastbourne Education Business Partnership* on such wonderful and established events such as *Eastbourne Youth Radio*, *The Big Futures Show* and others throughout the year.

"I very much hope to build on the brilliant work done by Tim in establishing these events so successfully – for the benefit of school children across Eastbourne and beyond."

For further information visit:

www.eastbourneebp.org.uk
www.bigfuturesshow.org.uk
www.eyr.org.uk



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Who Can Apply? LEAP is open to residents of the Eastbourne Borough Council area who are looking to start a new business. We also welcome applications from local

businesses that have been trading for less than 12 months.

What's Included? The programme is delivered in three stages:

- A one-day business start-up workshop
- Three in-depth, 3-hour workshops
- One-to-one mentoring with a dedicated business advisor to help you develop your business plan.

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fee throughout the service period, eliminating the hassle of multiple payments. Their solutions are designed to help companies of all sizes cut down on training time by hosting all resources within a training platform with your own, bespoke portal.

Snuka gives you more efficient learning experience that can be accessed anytime, anywhere, and allows for real-time monitoring by company managers or tutors.



BarkWeb Celebrates 26 Years of Digital Excellence

Eastbourne-based digital agency BarkWeb is proudly celebrating 26 years in business, marking over two decades of innovation, growth, and service to businesses across the South East and beyond.

Founded in 1999 by Director Julian Perrott, BarkWeb began as a specialist web design company and has since evolved into a full-service digital agency, offering bespoke web development, eCommerce solutions, and digital marketing services. The company has helped hundreds of businesses establish and grow their online presence in an increasingly dynamic digital landscape.



From the early days of the internet to the mobile revolution and beyond, BarkWeb has consistently adapted to new technologies and

design trends, building intuitive, user-focused websites tailored to each client's needs.

Now led by husband-and-wife team Julian and Emily Perrott, the company continues to thrive, combining technical expertise with a personalised approach to client service. As Eastbourne's only accredited Google Partner, BarkWeb has established a reputation for excellence both locally and nationally.

"We are incredibly proud to reach this milestone," said Director Julian Perrott. "Our success over the past 26 years is a testament to the talent and dedication of our team, and to

the trust our clients have placed in us. We're excited about the future and look forward to continuing to support businesses with innovative digital solutions."

As BarkWeb looks ahead to the next chapter, the team remains committed to staying at the forefront of digital transformation - delivering forward-thinking, results-driven strategies for clients across all sectors.

Please contact 01323 735800, email hello@barkweb.co.uk or visit www.barkweb.co.uk



New Members for May

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WayfinderWoman Charity Run/Walk/Cycle on 28th June 2025

Get ready to lace up your trainers, dust off your bike helmet, and gather your family, friends, and colleagues for an unforgettable trip along our stunning coastline! On Saturday, 28th June, WayfinderWoman invites you to join our Run/Walk/Cycle event in support of our Drop-In Hub, where every step and pedal helps us continue to empower women in our local community.

WHY TAKE PART?

- **Support Local Women's Wellbeing**
All proceeds go directly towards the running the WayfinderWoman Drop-In Hub – our safe, welcoming space offering women support, friendship, skills development, and wellbeing activities.
- **Boost Your Health & Happiness**
Whether you're training for your next personal best or simply looking for a fun family outing, our scenic routes offer fresh air, gentle sea breezes, and spectacular views.



• Bring Everyone Along

From energetic kids on scooters to brisk-walking grandparents, everyone's welcome. Bring along well-behaved dogs, push buggies, skates – whatever makes your day more fun!

ROUTE OPTIONS - CHOOSE ONE THAT SUITS YOU:

Choose from 10 km walk/run, 25 km bike ride, or a 50 km Bike Ride for the serious cyclists looking to push their limits. All routes begin at Eastbourne pier, with water stations and marshals along the way.

GET INVOLVED

Entry is £20 per person (children are free with the option of a £5 entry if they'd like a medal upon finishing). To register, visit www.wayfinderwoman.com/pier-2-peer-2025/

SPONSORSHIP: Encourage family, friends, and colleagues to sponsor you online via your personal fundraising page. Every £5, £10, or £20 raised makes a real difference!

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Gardening in action



FREE Online Workshop: Understanding Autism and Neurodiversity.

Tuesday 17th June 6:30–9:00pm (with break).

By **Margery Diamand**

Are you a volunteer or staff member at a community project in East Sussex? Would you like to learn how to make your group more welcoming for autistic and neurodivergent people?

This is another opportunity to attend this free online workshop, which is being repeated due to popular demand.

You'll learn:

- What autism and neurodiversity mean.
- The challenges neurodivergent people may face.
- How to support and include people more effectively in your group or project.

The session is especially relevant for those involved in gardening, nature or environmental projects, but open to anyone working or volunteering in a community setting in East Sussex. If you'd like to come along, but not sure if you're eligible for a free place, please get in touch.

The workshop is led by trained facilitators in a supportive and confidential setting. There are only 12 places available, so please book soon.

The workshop is part of the *Growing Community Toolkit*, a practical, easy-to-use online resource for Sussex volunteers and members of the community. It's packed with down-to-earth advice on everything from getting insurance to growing your own carrots. The Toolkit includes regular live and online workshops, delivering expert advice and practical learning.

To book or find out more:
www.growingtoolkit.org

https://understanding_autism.eventbrite.co.uk
Email: admin@gardeningin.org

Our thanks to the *Sussex Community Development Association* for funding this workshop.



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Five marathons in five days – ‘because my dad is my hero’

PHOEBE Watson, 28, is passionate to support the two charities that mean so much to her dad Graham.

By **Peter Lindsey**

Many will know Graham – he was a consultant urologist at the DGH and also a Founding Trustee of Medi Tech Trust, which provides equipment throughout the world.

The world-leading specialist surgeon was diagnosed with Motor Neurone Disease two and a half years ago – so Phoebe wanted to do something to support both.

Along with two friends – Leah and Reece – she has completed five Marathons in five days, and so far they have raised more than £13,000.

The venues were Edinburgh, Newcastle, Manchester, Oxford and London.

Phoebe said: “It was a ludicrous idea initially but it was quite a feat and we have lived to tell the tale. It was the most amazing experience of my life.

“The five marathons were run in very hot conditions and Edinburgh was



Reece, Phoebe and Leah.

the hilliest, it was beautiful. Newcastle was also hilly and vibrant, while Manchester felt a lot flatter. None of the marathons would have been possible in the heat without our families giving us water and fuel to keep on going.”

“It was very spectacular and also nostalgic running around Oxford – it’s where I went to university – and as for London that was a feeling of pure elation.”

Phoebe had previously run a couple of marathons but she admits “this was a different beast.”

“It was all about taking it steady, sometimes slow, but self-containment

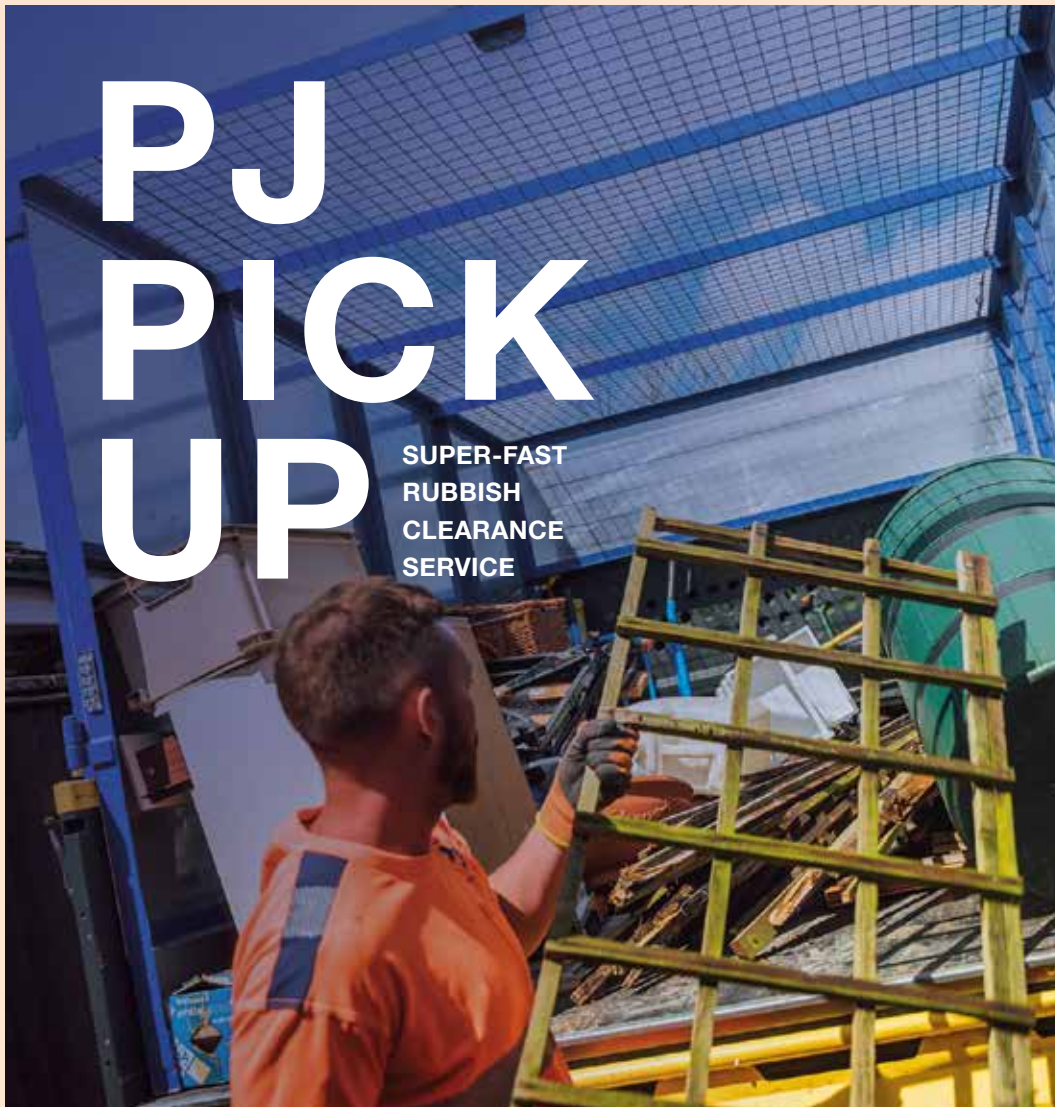
was key. Dad is my hero and this is why I wanted to do this so much.

“We were also so grateful to our families topping us up with water and giving us ice packs at each pit stop.”

Graham teaches his skills to surgeons in more than a dozen countries in Africa.

In 2023 he was awarded the highest accolade for global training, the *Albert Schweitzer International Teaching Award*, which is only given to one doctor in the world each year.

You can still donate here:
www.crowdfunder.co.uk/p/5-marathons-in-5-days-in-5-cities



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Lee and Kirsty's rise to the top

WHEN Lee Smith and wife Kirsty opened the *Bexhill Farm Kitchen* back in 2003, little did they think that 22 years later they would have six sites.

By **Peter Lindsey**

Well, it was five until last month for the *Poppyseed Bakery*, Eastbourne Bexhill Farm Kitchen:

- 11 Gildredge Road, Eastbourne
- 32 Beatty Road, Langney Point
- Hawthorn Road, Eastbourne where there is a shop at the front of the bakery
- 16a Western Road, Bexhill
- Cross in Hand, Heathfield.

And, now from July 1st, they will be taking over *Ocean View Bakery* in Pevensey Bay jointly with a good friend, Simon Oldfield.

It's a real Eastbourne business success story for Lee and his family, who has lived at Langney Point all his life.

Many of us also remember his dad very fondly – Len Smith, the man who made *Eastbourne Borough FC* in those early days.

Lee said: "I can remember the days in 2003 in Bexhill when we used to bake everything out the back of the premises.

"It was only 2015 that we expanded and moved to Hawthorn Road on the Birch Mews Industrial Estate in Hampden Park. That's where we do all our wholesale work from as well as having a cafe and bakery at the front.

"We moved into the Town Centre in 2017 into Gildredge Road, and after Lockdown we took over Beatty Road in 2022 and one year later we opened in Cross in Hand."

Lee now employs 76 staff and he's delighted with the growth.

He said: "Our wholesale rounds are huge, we deliver and supply to 167 different businesses. We never intended to expand really and we have grown organically.

"I like to think that we give the people what they want at a reasonable price. The important thing is people keep coming back.

"Yes, there are problems – there are always problems running a business – but it's how you deal with the problems that is important.

"I feel very lucky from the day I started in the world of catering in 1984 I am doing what I have always wanted to do.

"I have family around me, some work in the business, and that's important to me as well, very important. I still love what I do and long may that continue."

As for *Ocean View* in Pevensey Bay, Lee can't wait.

He said: "Simon and myself are taking over on July 1st. All the products will be based around *Poppyseed* but we will carry on with the good work and just put our own stamp on it as well.

"The roast dinners are incredibly popular and we won't be stopping them, that's one thing for sure. It's a very popular bakery and cafe, very highly regarded."



Lee Smith.



Award winning breads.



Ocean View in Pevensey Bay.



Lee has an impressive career background. He was Head Baker at *The Dorchester Hotel*, and was down to the last three for the job as judge on the *Great British Bake Off* – it went to Paul Hollywood in the end.

He has also won *The World Bread Awards*, and *Britain's Best Loaf* four times.

But for now the focus is on the six bakeries and cafes in East Sussex, all striving to give the customer exactly what they want.

www.thepoppyseed.co.uk
01323 645550
info@thepoppyseed.co.uk
f bexhillfarmkitchen
@ lee_smith_baker_

Summer in Little Chelsea

is taking place on Saturday June 21st.

IT'S a celebration of the community of Grove Road and South Street in *Little Chelsea*, and the opportunity to support local businesses.

By **Peter Lindsey**

Lucy Hancock from The Art House said: "It's a chance to celebrate what makes this part of Eastbourne so special – the brilliant independent shops, restaurants, pubs and cafés on Grove Road and South Street, and the people who support them."

"It's a feel-good day out where families, friends and neighbours come together, enjoy great food, explore local stalls, and soak up the atmosphere!"

There will be:

- Live music and entertainment
- Character appearances



- A vintage fair
- Football penalty shootout & tennis coaching
- Local stall holders
- Food and drink to keep you fuelled
- Dog Show.

Stallholders are also invited to take part.

Lucy said: "From food and drink to crafts, fashion, wellness, homeware,

plants, kids' products, or something entirely your own – if you've got something special to share, we'd love you to be part of it.

"Just fill in this short form:

<https://2ly.link/26o34>

and a member of our team will get in touch soon."

For more details, email:

info@theearthhousecafe.co.uk

June events at Gallery@42

GALLERY@42, the home of *Pennie's Pet Portraits*, is exclusively showing and selling the incredible original drawings of Michael Morland, of soon to disappear or change beyond recognition, local landmarks and village streets.

By **Scarlett Apted**

Plus the exciting fauvist landscape artist Sue Branch, the delicious fluid paintings of Lindy Dunbar, calming work of Pennie Cunliffe-Lister and structural paintings of a Colin Knapp.

Rashida's legacy

Gallery@42 is also hosting an exhibition and sale in aid of small community schools, health posts and income generation schemes for women and girls groups in Nepal.

Rashida's unique collection of clothing designed by the talented Shakun Serchand, who sourced all the materials from different regions

of Nepal including the Terai and Middle Hills. They are customised to fit Women's UK size 12-14. Proceeds will go directly to the projects that make significant difference to people's lives after the 2015 earthquake.

Summer in Little Chelsea

Pennie's Pet Portraits is sponsoring the Dog Show along with *Howdens* who are sponsoring the drawing materials.

The gallery is open 12-6pm Thursday – Sunday.
Open Studios' weekends are 7/8 & 14/15 June.

The Woven Legacy of Rashida Russell is on 21st June 12-6pm.



www.galleryat42.co.uk
South Street, Eastbourne BN21 4XB

07703 452554
galleryat42@gmail.com
www.penniecunliffe-lister.com



Rustico in South Street – 'A little Italian flair, served with local charm'

NOW serving amazing breakfast from 9am daily.

By **Peter Lindsey**

Rustico Eastbourne, South Street site is proud to showcase their brand-new Brunch menu, to run in conjunction with their summer opening hours.

They will start serving brunch at 9am until 12noon, everyday throughout the summer.

And the owner has said if it proves popular, brunch will remain a permanent fixture to their offering on South Street.

Rustico are quickly gaining a great reputation for serving up fabulous pizza and pasta for lunch and into the evening.

This extension to their familiar offering will see dishes including Smashed avocado toast, an Italian breakfast plate, pancakes and fruit smoothies added to the menu.

We have worked very hard to create a welcoming and inviting space to enjoy time with friends

and family here on South Street, maximising the use of the space is vital to help us grow and continue to improve our little venue.

Owner Gavin Lambert said: "We are independently owed here on South Street and keen to be part of what *Little Chelsea* offers residents and visitors to the area.

"Grove Road and South Street are full of activity from early morning, and we are throwing ourselves into that mix. Somewhere to stop for a hot drink or a delicious brunch with friends."

Rustico on South Street 'A little Italian flair, served with local charm'.

This brunch menu will be exclusive to the Rustico site located 53 South Street.

Call **01323 576767** for bookings.

<https://hellorustico.co.uk/eastbourne.shtml>



1 free hot drink per customer

when buying a brunch menu dish.

1st June – 30th June.

Not to be used with any other offer.
Voucher valid only for Dine in customers at
Rustico Eastbourne, 53 South Street BN21 4UT.

Summer delights at Indigo Little Chelsea

WELCOMING the season with tennis, strawberries, and art.

By **Scarlett Apted**

As June brings warmer days and summer delights, Eastbourne becomes a vibrant hub of activity and joy, welcoming tennis enthusiasts at the *Eastbourne International* tournament.

Indigo Little Chelsea, the quirky little Art Café, opposite the *Town Hall*, stands out as a must-visit destination. Known for its creative ambiance and welcoming vibe, the café is launching its new afternoon into evening tea-time menu, a perfect way to end the day after work, shopping, or watching the tennis!

Tea-Time Revolution

Sue Clarke's Artistic Twist on Afternoon Tea.

"Tea-time will never be the same!" Says Sue Clarke, local artist and owner of *Indigo Little Chelsea*. Never one to be mainstream, when Sue decided to launch Afternoon Tea it just had to be different.



Recognising that not everyone has a 'sweet tooth' there will also be a wide selection of savoury options to add to the sweet delights, customers can Mix & Match their own Unique Afternoon High Tea Experience.

Tea-time Treats will be available from 3pm until 5pm Monday to Friday and from 2:30pm until 4:30pm on Saturdays. Take away options also available.

But that's not all!

Thursday and Friday evening's, Indigo will be open until 7pm so you



can unwind with one of our specially curated Mocktail's and enjoy a platter of freshly prepared tasty bites.

Join the revolution and experience tea-time like never before at Indigo Little Chelsea. Whether you prefer sweet or savoury, there's something for every palate. Indulge in a unique and delightful experience, curated with love and creativity by Sue Clarke herself.

**66 Grove Road,
Little Chelsea, Eastbourne
www.indigolittlechelsea.co.uk**

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Thank You To All Volunteers



#volunteersweek



Making a huge difference to our seafront

***FRIENDS of Eastbourne Seafront* is a not for profit group, run entirely by volunteers, working to improve Eastbourne Seafront and to see our Heritage buildings restored and reopened.**

By **Gaynor Sedgwick**

Our volunteer Gardening Team works several days a week to weed, plant and care for a number of areas along the seafront.

We work in conjunction with EBC to enhance, not replace, the work of the Ground Maintenance contractors.

There are 22 volunteers on the Gardening Team. We have been working on the RNLI beds, beds along Western Lawns, Splash point boat, children's cycle track and World Gardens, (where we painted and planted up another boat) and wherever else is needed.

Our volunteers commit to two hours a week, usually a Wednesday afternoon, East of the Pier and

Friday morning, West of the Pier. The Gardening teams enjoy the fresh air, gardening, making new friends, and making a real difference to the appearance of

the seafront. It's satisfying and enjoyable, we are happy to facilitate one-off groups for gardening sessions. We would love more volunteers to join our happy team.

The Welcome Team, now in our third year, operates seven days a week, on two hour shifts, working

in pairs around Splash point, the Pier or Bandstand.

We give directions, answer questions, signpost and offer a welcoming smile to visitors and locals. There are 65 members on our *Welcome Team*, they are friendly, chatty, welcoming and enjoy walking along the seafront in their distinctive turquoise jackets. (Uniform and training provided).

Our *Events and Fundraising Team* – organises events to raise much-needed funds and awareness for Friends of Eastbourne Seafront.

Friends of Eastbourne Seafront, like many members of the public, thanks our volunteers for their great contribution to our seafront community and for making a such a difference.

If anyone is interested in joining us, we would welcome chatting to you about our volunteer opportunities. Email: **Gaynor@friendsofeastbourneseafront.org.uk**





St Wilfrid's Hospice

ARE you looking to meet new people, learn new skills or stay active? Then *St Wilfrid's Hospice* wants to hear from you!

By **Peter Lindsey**

Vicky Ford, Volunteer Engagement Manager, said:
“We currently have over 400 volunteers supporting our work in shops, communities and in our hospice building.

“We are always looking to welcome new faces to our amazing team, so if you have some time to spare and would like to make a difference in your local community, we would love to hear from you.”

Jan McGregor has volunteered for *St Wilfrid's* for more than 10 years, first in the Donation Centre



Jan McGregor.

in Moy Avenue and then in the café at the hospice. “I wanted to be able to give something back after the wonderful care my husband received at the hospice,” she said.

“I really enjoy my role in the café. I get to meet and work with so many lovely people and have made many friends. I feel it is such a privilege to volunteer at *St Wilfrid's* and it is such a pleasure to be part of the wonderful team there. I would definitely recommend it to anyone.”

St Wilfrid's Hospice provides high-quality care and support for people across Eastbourne, Seaford, Hailsham, Uckfield, Heathfield (and all points between) with life-limiting illnesses.

They have volunteer roles on offer at the hospice building in Eastbourne, at fundraising events, in the local community, and across their 11 shops.

Find out more at:
stwhospice.org/volunteer

Wayfinder Woman

CELEBRATING the Heart and Soul of *WayfinderWoman*: Our Incredible Volunteers.

By **Amy Hebben-Wadey**

At *WayfinderWoman*, our mission to empower, support and inspire women navigating life's challenges would not be possible without the dedication, creativity and joy of our volunteer team. Our volunteers bring passion and purpose to every corner of our work.

A year of impact

- **Pier2Peer Fundraiser:** Our volunteers ensure the safety and smooth running of the event,

welcoming participants and cheering them on.

- **Eastbourne Carnival Entry:** Under the guidance of volunteers like Tracey, our vibrant carnival float—complete with hand painted banners and enthusiastic dancers—helps raise vital awareness of our community support in Eastbourne.
- **Hub Operations & Administration:** Day in, day out, volunteers keep our hub running—creating a warm, welcoming

environment for everyone who walks through our doors.

- **1:1 Peer Support:** Trained volunteer peers provide empathetic listening and a lived experience perspective.
- **Trustee Committee & Governance:** Volunteers, including those on our board of trustees, bring strategic insight, governance expertise and fresh perspectives that steer *WayfinderWoman* toward sustainable growth.
- **Workshops, Groups & Events:** From creative writing sessions to wellbeing events, volunteers donate time to co create the programs that foster community, skill building and personal growth.

Volunteer spotlight: Tracey

“What I love about volunteering for this charity is firstly the support and empathy from Laura and the whole team. We're in this together—no judgment, just respect for each person's skills and journey. Through the free



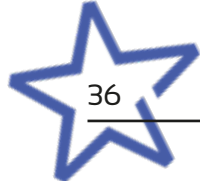
Tracey.

workshops, I built my confidence and self esteem; I found my voice and made lifelong friends. Organising this year's *Eastbourne Carnival* entry has been such fun—bringing laughter, purpose and community spirit. This is a fantastic charity to be part of.”

Join us in saying Thank You

To every volunteer who gives their time, skill and warmth: thank you. You are the lifeblood of *WayfinderWoman*.

www.wayfinderwoman.com



Raystede

THIS National Volunteers Week, Raystede Centre for Animal Welfare will be celebrating the vital role that volunteers play in the day to day running of the charity as well as highlighting some of the many volunteering roles that it has available.

By **Simon Bennett**

With over 300 active volunteers, Raystede offers diverse roles, from welcoming visitors and assisting in its five charity shops to maintaining the grounds, supporting education programmes, and fundraising.

Last year alone, volunteers dedicated over 85,000 hours

of their time and they are the backbone of Raystede, enabling the charity to continue its work caring for more than 400 animals daily across its 43-acre site in Ringmer.

Heidi Christmas, Head of HR and Volunteering at Raystede said: "Our commitment to volunteering and social responsibility is about more than just recruiting helpers, it's about fostering a culture of kindness, collaboration, and shared purpose. We really couldn't achieve

everything we do without the valuable help of all volunteers."

For Mike and his wife Karen, it was at the *Big Help Out* initiative held during last year's *National Volunteers Week* that sparked their interest in the roles available. "After the *Big Help Out* in 2024 we applied as volunteers in the Raystede Estates Team as we enjoy gardening. We work Wednesdays doing a variety of tasks including clearing flower beds, pruning

trees, removing harmful weeds and brambles, plus generally keeping the site tidy and safe for the animals and visitors. We enjoy our varied and worthwhile shifts, while learning new skills as we go."

There are many varied volunteering roles available from supporting the Aviaries and Equine Teams to helping in your local community with in the shops and with the Education Team — find out more at www.raystede.org/volunteer



What Medi Tech Trust has achieved

- * Constantly donates medical equipment to UK hospitals
- * Overseas visits to train local doctors in Africa + Sri Lanka
- * Donated medical equipment to every East Sussex surgery
- * Launched Medigive recycling of unwanted surgical supplies
- * Places recycling bins in surgeries throughout East Sussex
- * In last 6 months sent £3m of recycled supplies to Africa
- * Regular donations to Ukraine - plasters to wheelchairs
- * Donates to East Sussex baby banks-food banks-communities



Volunteers urgently needed in our Hailsham Unit
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YRMU Annual Golf Day

YOU Raise Me Up are looking for volunteers (particularly for our next main event) our Annual Golf Day which is taking place on Friday 25th August at the Royal Golf Club in Paradise Drive, Eastbourne.

By **Simon Cosham**

There are still a few places left for any teams that want to take part.

There are also sponsorship opportunities so please contact us on info@youraisemeup.co.uk if you are interested.

We are also looking for raffle prizes to help us ensure that we

can raise as much money as possible on the day so we can continue to provide our services to those that really need it.

Thank you for your support!

Friday 25th August. Royal Golf Club, Paradise Drive, Eastbourne.

www.youraisemeup.co.uk



Cuckmere Buses

SINCE its formation in 1976, Cuckmere Buses has always been run and operated by volunteers.

By **Peter Lindsey**

It was originally set up, with one bus, to provide a shopping and community service for local people who did not have a car.

It has now expanded to a fleet of eight modern buses which still provides a service for residents living in the Cuckmere Valley area. It also provides scheduled services

on routes that the main operators cannot, or choose not to serve. The company is run by a Board of Directors and services are driven by a pool of nearly 50 drivers, all of whom are volunteers. In addition to over 20 scheduled services operated each week, the company runs private hires and special services,



such as the upcoming *Charleston Festival* and Eastbourne tennis. In order to drive as a volunteer you must have a D1 category on your driving licence. The company provides a comprehensive training scheme and support for learning routes and generally operating the bus. Why would you want to volunteer to drive for *Cuckmere Buses*? Our drivers regularly say that they enjoy driving, meeting people and, most

importantly, giving something back to the community. If this appeals to you, or you want further information, please contact our Personnel Director Nick Price at nick@cuckmerebuses.org.uk or ring **01323 870920**



AT the Association of Carers, Volunteers' Week is a special opportunity to recognise and celebrate the amazing individuals who give their time, energy, and compassion to support unpaid Carers in our community.

By **Peter Lindsey**

Unpaid Carers look after a partner, relative or friend who couldn't cope without their help due to illness, disability, mental health issues or substance misuse. These Carers provide essential support—but without regular breaks, they face exhaustion, isolation, and burnout. That's where our volunteers step in.

Whether it's offering a listening ear, providing respite, or simply being a friendly face, our volunteers make a lasting difference to the lives of unpaid Carers and their families. With 132 volunteers ranging in age from 18 to 92, and their longest-serving Volunteer active for 14 years, they are grateful for the diverse and committed individuals who make our services possible. Throughout this year's *Volunteers' Week*, the charity is hosting two



special celebration events to thank our volunteers in person and spend time together, including their own *Great AOC Bake-Off* and to present the Julie Mercer Award. Carers themselves are invited to nominate their Volunteer for this special annual award, in memory of our late Manager, which recognises a Volunteer who has truly gone above and beyond to make a difference. Last year's winning Volunteer was described by the Carer she supported as: "She is a lovely person with a terrific personality, always cheerful. Tony always looks forward to her visits... she even visited him in the hospital and care home. She never rushes

away... She's become our friend rather than just a volunteer." Volunteer Coordinator Kiki Prince said: "*Volunteers' Week* is a chance to celebrate and recognise the fantastic contribution our Volunteers make. Thanks to our Volunteers, Carers get the companionship, support, and respite they so deeply need. Their time and kindness are truly invaluable." If you're inspired, find out more about volunteering with us at: www.associationofcarers.org.uk/volunteer See how you can change lives: <https://www.youtube.com/watch?v=Av5lxg8zcTw>



Volunteers at the Age UK East Sussex furniture warehouse in Eastbourne.

Doing good can make you feel good

FROM telephone befrienders and shop assistants to social prescribers and fundraisers, more than 200 amazing volunteers are helping Age UK East Sussex make Eastbourne a great place to grow older.

By **Helen Guyatt**

To deliver its vital services and activities – helping older people feel involved, valued and supported – the independent local charity still needs more volunteers.

"We're seeing a significant increase in demand and supported 50% more clients in 2024," said Steve

Hare, Chief Executive of Age UK East Sussex. "We can only do this with help from our volunteers, the time they donate is invaluable."

There are opportunities for everyone at Age UK East Sussex, which has a popular furniture warehouse and donation centre in Eastbourne. "We match your interests and skills with different roles," said Steve. "The time commitment is flexible – even a couple of hours a week can make a big difference."

Volunteering doesn't just benefit your community – it can benefit you too. A National Council for Voluntary Organisations survey found 77% of volunteers felt it improved their wellbeing, while 71% said they learned new skills.

"Since I started volunteering, I feel valued, have made great friends and learnt new skills," said Kevin Pearce, who volunteers at the Eastbourne Furniture Warehouse. "It's rewarding, and I enjoy giving back."

Want to help make Eastbourne smile? Visit www.ageuk.org.uk/eastsussex/get-involved or contact volunteers@ageukeastsussex.org.uk / **01273 476704** to find out more.

How to get involved

Feeling inspired by *Volunteers' Week*? These are some of the ways you could support Age UK East Sussex and Eastbourne's older people.

- Sort donations and create displays.
- Serve customers in our shops.
- Restore furniture.
- Befriend an older person.
- Answer our advice line.
- Act as a social prescriber.

Help us, help them, help you

THE motto of the *Friends of Eastbourne Hospital* is 'Help us, help them, help you', referencing the support that this charity needs in order to fund vital, extra equipment for the departments and wards of Eastbourne DGH so that the staff of the hospital, in turn, can deliver the best and most advanced care possible to the community.

By **Amy Williams**

It is a call which our invaluable team of volunteers answer on a daily basis, dedicating their own time to come in and perform regular volunteering roles such as serving customers in the *Friends Shops*, taking our sandwich trolley on its gentle two-mile trip around the hospital, and catering for staff and patients in the *Friends Cafe*.

All of these services result in a core income for the Friends, without which the charity could not do the work that it does.

Extra volunteers

Volunteering for the *Friends* extends beyond the hospital too, as we run events throughout the year which require an enormous amount of voluntary help. These include our annual Open Garden programme, our autumn Art Exhibition, and many other one-off events which call for extra volunteers.



Shop Volunteers and Manager.



Volunteers' table at a recent dining event.

Whilst there can be a lot of work involved, we are delighted that our volunteers also choose to socialise together and get to know each other outside of their roles, often attending many of our fundraising events socially as a group – such as can be seen here at a recent fundraising dinner.

There are so many ways that you can 'Help us, help them, help you' – you can call us about volunteering, visit an open garden over the summer or attend one of our other fundraising

events, become a *Member of the Friends*, use the *Friends shop* when you are in the hospital, or consider holding your own fundraising event for the *Friends*.

Please do visit our website www.friendsdgh.org.uk or get in touch on **01323 749503** or esh-tr.friendsdgh@nhs.net to talk to us about all the ways in which you can help.

We thank all our volunteers for the incredible work they do.

People Matter

VOLUNTEERS are the lifeblood of *People Matter* – and have been since this unique employability charity first sprang into life some 28 years ago.

By **Peter Lindsey**

Many thousands of local job seekers have benefitted since *People Matter* first opened its doors in 1997 with its mission then still as it is today – to help people find or retain meaningful and satisfying work through personal support, practical help, information, advice, guidance and encouragement.

Based in Eastbourne town Centre, *People Matter* is ideally located for

access from the Job Centre, the railway station and bus services in Gildredge Road. Its modern offices are on the second and mezzanine floors at 55 South Street.

The charity also offers outreach services in Eastbourne from *St. Elisabeth's Church* in Victoria Drive; at *Victoria Baptist Church* in Eldon Road; at the *Gateway Centre* in Lottbridge Drive; at *South Street Free Church*; and at *Hailsham Library* in Western Road, Hailsham.

Activities have expanded enormously over the course of its



life and volunteers are involved in many aspects, from administration work to record keeping, appointment making and liaising with job seekers.

Support ranges from CV writing and careers guidance to employability and confidence building workshops, mock interview practice, and assistance with application forms and letter to employers.

Volunteers also offer support to an experienced and qualified team of advisers, offering a range of free services and support to jobseekers in Eastbourne, Wealden and surrounding areas.

Recent years have seen *People Matter* extend its services – in partnership

with the *county council* – to help those vulnerably housed and seeking work and to finding employment for Ukrainians and other refugees.

Again with the support of the county council, *People Matter* has also successfully organised a series of jobs fairs across East Sussex.

"If you'd like to be involved as a volunteer and have skills that you think could help us, please do get in touch," said *People Matter* Director of Operations, Carol Hyatt. "We have a great team and the work is so rewarding – we genuinely do see how finding suitable employment can change people's lives."

For a conversation and to know more, please contact **01323 431289**.

Eastbourne Area Community First Responders

LIFESAVING volunteers are enhancing local emergency care.

By **Peter Lindsey**

The Eastbourne Area Community First Responders (EACFR) are a dedicated group of volunteers trained and dispatched by South East Coast Ambulance Service to provide immediate medical assistance to 999 emergency calls in Eastbourne, Polegate, Hailsham, Pevensey, and surrounding villages.

Working alongside the Ambulance Service, these responders bridge the critical gap between the emergency call and the arrival of paramedics, often arriving within minutes to deliver vital care.

EACFR actively engages with the community through educational programmes. The team participate in the '999' event on Eastbourne's Western Lawns, teaching over 1,000 people how to perform CPR and use defibrillators. They also offer training to community groups



and local businesses as part of their 'Heartbeat' program where the team will visit your location to run a training session covering an unconscious casualty and how to perform Cardiopulmonary Resuscitation (CPR) with the use of defibrillator.

As a volunteer organization, *EACFR* relies on community support and fundraising to maintain its operations. The team is very fortunate to have a group 'the friends of Eastbourne Responders' who play an active role in community engagement. The friends carry out an array of supportive activities and fundraising events on behalf of the responders which in turn allow them to spend more time responding in the community.

EACFR are currently looking to expand the team of friends. This group undertakes social activities and visits local venues to raise awareness and collect donations from our generous community.

The presence of *EACFR* significantly enhances the local emergency response capabilities. By providing rapid initial care, they improve patient outcomes. Their efforts not only save lives but also strengthen the fabric of community resilience.

For more information on volunteering or supporting *EACFR*, please visit their website: **eastbourneresponders.co.uk** or email **info@eastbourneresponders.com**



Rotary

A **PERSONAL** message from **Cris Haniver**, outgoing president of the *Rotary Club of Eastbourne*.

By **Cris Haniver**, President 2024/5

"Alongside my Rotary activities, one of the great loves of my life is local amateur dramatics."

Service Above Self

"I recently took part in the show Calendar Girls in Polegate. It brought home to me the significance of the *Rotary* motto Service Above Self and of all that

we do to make a huge difference throughout our community – and the wider world.

"Just as those gutsy girls from Yorkshire raised so much money for *Blood Cancer* – supporting research that will beat blood disease – *Rotary* clubs around the world have had enormous success in their campaign to eradicate polio.

"My own club, here in Eastbourne, has been working so hard to



Cris Haniver (back row, left) and rotary colleagues from the charity, Care For The Carers, getting in the mood for Eastbourne Carnival.

raise funds for those in need and support good causes, with some £70,000 distributed during the past ten years to some 50 local charities.

"In addition, our centenary anniversary project saw us raise an astonishing £100k for a special project that reaches its conclusion in June with the completion of substantial additional accommodation for the homeless and disabled at the YMCA Eastbourne Foyer.

"An annual festive fixture for which our club has become known for the past 40 years has been our free and much-loved Christmas Day lunch, where we host and entertain those who would otherwise spend the day alone.

"Throughout the year, we raise funds in a variety of ways."

Might you consider joining us?
For more information visit:
www.eastbournerotary.org.uk



AM – Rotary at its best

ROTARY is a worldwide organisation of volunteers making a difference for communities locally and internationally, achieving this through a mix of fundraising events, service projects and much more, all undertaken with as much enjoyment as possible!

By **Mike Cross**

Eastbourne AM Rotary Club meets each Friday morning (hence the 'AM'!) at Chalk Farm Hotel, Willingdon, and comprises 38 members with a mix of ages, genders, business owners/employed/retired.

By the time you read this we will have organised our 12th annual *Lighthouse*

Challenge, essentially a fundraising walk to and around the Beachy Head lighthouse raising funds for local charities, and to eventually help fund the re-painting of the iconic red and white stripes (the reason the Challenge was established).

You may also be aware that *Rotary* organise the *Tree of Light*, situated each year outside the *Congress Theatre* covered in white ribbons, each one dedicated to the memory of a loved one.



These are two examples of a number of projects our club is involved with each year, alongside a varied programme of social events to ensure it's not 'all work and no play'!

Our meetings, which include a breakfast, take place each week from 07:15 to 08:30, with members attending as often as possible. We try to ensure the meetings include an interesting mix of speakers, business and simply time to

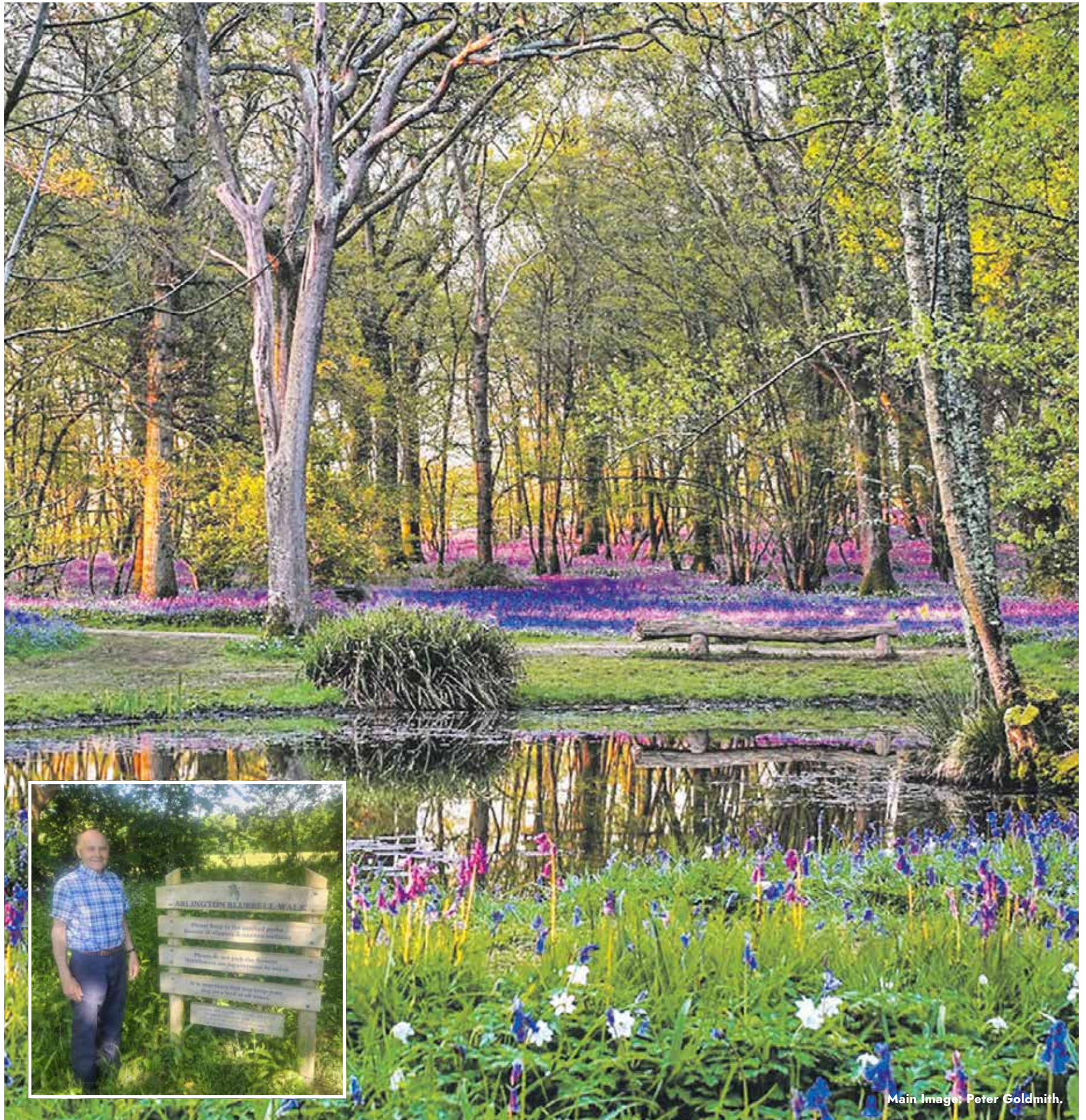
socialise/create friendships, whilst keeping costs to a minimum. At the end of the day we are all volunteers giving up a bit of our time to try to improve the lives of others.

If this is something you think you might enjoy, or would simply like a bit more information, take a look at our website www.eastbourneam.org or email mike.cross0506@gmail.com

Thank You!



HailshamEye



Main Image: Peter Goldmith.

Another blooming success for the Arlington Bluebell Walk

AROUND 20,000 visitors enjoyed the annual *Arlington Bluebell Walk and Farm Trail*, which opened from April 4th until May 8th. www.bluebellwalk.co.uk

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Grovelands signs up to new schools charter

GROVELANDS Community Primary School has been celebrated by the new Hailsham based campaigns group Local Change for being the first to join the Fair for All Families schools charter.

By **Peter Lindsey**

Andi Jaffay is the Community Engagement and Campaigns Lead at Hailsham Foodbank and Local Change.

She said: “Some schools in Hailsham already support families by operating a second-hand uniform swap shop

and ways for children from all income backgrounds to be able to attend school trips.

“The Fair for All Families charter has been designed to guide schools who don’t yet have provision to support every family in their school community, especially low income families.”

Local Change member Wendy Turner accompanied Andi to hand the Fair



for All Families certificate to Jon Goulding, Executive Headteacher at Grovelands, and some of the children at the school.

She said: “It was a pleasure to attend Grovelands School to see them be the first school to join the Fair for All Families charter.

“As a Kinship carer bringing up my grandchildren, I know the value that second hand uniform swap initiatives bring.”

In a social media survey run by Local Change, 51 per cent of respondents said that the cost of school uniform was the biggest issue affecting their family finances.

Some 4.3 million children in the UK – nine pupils in every class of 30 – are growing up in poverty.

In Sussex Weald, there are around 4,500 children in poverty – that’s 25 per cent of children in this constituency.

A staggering 71 per cent of children living in poverty are growing up in working households. Children in larger families are disproportionately affected – 42 per cent of children with two or more siblings are living in poverty.

To find out more about this Hailsham based campaign and get involved, join the group Fair for All Families on Facebook.

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www.wealden.gov.uk/recycling/garden-waste-service

- * Full terms and conditions at: www.wealden.gov.uk/recycling/garden-waste-service
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Hailsham Chiropractic Clinic



Hailsham Chiropractic Clinic is proud to be the leading chiropractic clinic in Hailsham. While we have a specialist focus on the neck and spine, we've also been successfully helping patients for years with headaches, migraine prevention, joint pain, minor sports injuries, shoulder pain, elbow pain, sciatica and plantar fasciitis.

As garden season begins, our chiropractors wanted to share a few helpful tips to keep you safe and comfortable whilst working in the garden.

Posture and Movement

Maintain good posture: Keep your back straight, knees slightly bent, and neck and shoulders relaxed.

Avoid bending from your waist: Instead, use your legs to squat or kneel when working close to the ground.

Use safe body mechanics: Engage your core and larger buttock muscles when lifting and lowering your body.

Warm up before starting: Perform gentle stretches to warm up your back, knees, arms, shoulders and neck.

Take frequent breaks: Stop periodically to rest and avoid overexertion.

Tools and Techniques

Use ergonomic tools: Choose tools with long handles to minimize bending and strain.

Consider kneelers and chairs: These can provide support and reduce strain on the knees and back.

Wear supportive footwear: Choose shoes with a good arch and support to improve balance and reduce impact.

General

Dress appropriately: Wear loose-fitting clothing that allows for free movement.

Stay Hydrated: Drink plenty of water to avoid muscle cramps and dehydration.

Listen to your body: Pay attention to any signs of pain and take breaks or modify your activities accordingly, alternate tasks frequently.

One of our chiropractors would be happy to visit your workplace to provide **FREE** spinal screening for your staff and assess desk setups. We're also offering a 25% discount for both new and existing patients for the months of June and July, just mention **Bournefree** when booking your appointment.

Just one discount per patient subject to availability.



Hailsham Active on a mission to save the NHS

HAILSHAM Active CIC has evolved from its initial purpose of helping sports clubs to supporting local schools, doctors surgeries and their parish council.

By **Scarlett Apted**

Local Orthopaedic consultant and talented author of 'Exercise The Miracle Cure' – Scarlett McNally is fully on board with supporting local sports clubs for kids as she emphasises the importance of children's regular exercise. If children don't exercise regularly, there is a good chance that later in their lives their bones will develop a problem.

She plotted a graph depicting the average age we live to, and proved that those who exercise regularly throughout their day-to-day life reduce the risk of major illness by about 50%. Though it is not linear and all sorts of genetic factors can alter this – the big statistics are out there.

Hailsham Active are always pushing for more grass roots sports teams and facilities, and this information from Scarlett has been a real drive to promoting sports and recreation in the area.

Hailsham Active founder Steve Wennington said "When we push for more grass roots sports teams and facilities there is a part of us that is also very much supporting the NHS.

Our plea to councillors, work with us, we can show you how to make the money go much further than you thought might be possible."

New clubs

As well as helping existing clubs with grants, links and facility improvements, many upcoming clubs come to *Hailsham Active* to ask for help.

A question that is commonly asked is "where can we play our sport?"

Though sometimes challenging, with the help of goodwill, squeezing and changing schedules, they can figure out the issue.

A location for a new club in the area – *Bees Netball* – was placed in the *James West Centre* on Brunel Drive in Hailsham.

Sharon Champion created this team, and to support Sharon and her colleagues on this venture, *Hailsham Active* put in a grant on her behalf (helped by Annette Buswell and funding from *Lightning Fibre*) and also received £480 from *Hailsham Town Council* to go towards some basic equipment and kit for the *Stingers* (name of the age group – 7-11).



Sharon Champion, Dave Hathaway, Emma Pierce and Steve Wennington.

Feel like you're missing out? Sharon is also a part of the Netball revolution (*Bloom Netball*) and you can join in for £5 on a Monday evening at 630pm at *Hailsham School*. This programme tends to players of all ages, experiences and abilities.

Hailsham Town Council update

Some great first steps have been taken with the *Hailsham Council Assets* committee with working with the local sports club.

In the April meeting, *Hailsham Active* addressed two propositions, the first about funding the application toward a gate at the top of *Maurice Thornton Playing Fields* and the second was to have a group of them working with the council regarding pitch maintenance across the local recreation grounds.

Hailsham Active work with Paul Turner – a skilled groundsman who previously helped at local schools

and *Brighton and Hove Albion*. They are offering his service free of charge to the council, making a difference with positive and timely ideas on drainage, seed drilling, basic grass cutting and maximizing the opportunity of the recreation grounds and the children who play on them.



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HAILSHAM & District Chamber of Commerce launches new business podcast in collaboration with Studio W Media.

By **Gail McKay**

The Hailsham & District Chamber of Commerce is proud to announce an exciting new partnership with local content agency Studio W Media to produce a brand-new podcast: 'Let's Talk Business.'

This launch will provide a platform for Chamber members to share their

experiences, insights, and expertise whilst exploring key topics around business, networking, entrepreneurship and community growth.

A chamber spokesperson said "This podcast is a fantastic opportunity for our members to tell their stories, promote their services and connect with the wider business community."

Podcast launch

'Let's Talk Business' will be recorded locally and released on YouTube.

Planning is already underway for the first few episodes, and the Chamber is inviting interested members to get involved. If you would like to be featured in an upcoming episode, contact Ryley at: ryley@hailshamchamber.co.uk

Big Business Breakfast

Start your month with purpose and connection at the Big Business Breakfast, the perfect place to network, share ideas and build lasting relationships with like-minded local professionals.

Happening at 7:00am on the first Thursday of every month at Wellshurst Golf and Country Club, whether you're a seasoned business owner or just starting out, you'll find value in connecting with a community of entrepreneurs over a delicious breakfast.

Don't miss the opportunity to grow your professional network, exchange ideas and opportunities or promote your business to a supportive audience.

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www.hailshamchamber.co.uk



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Spotlight on Cookmere Meals

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

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

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

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

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

By **Steve License**

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

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

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

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

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

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

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

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

Cookmere also offers local care home deliveries.

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



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

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

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- The service is so important keeping people at home for longer.
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- We can deliver tea time packs with the meal and grocery items such as milk and bread.



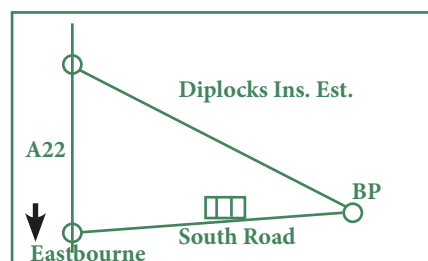
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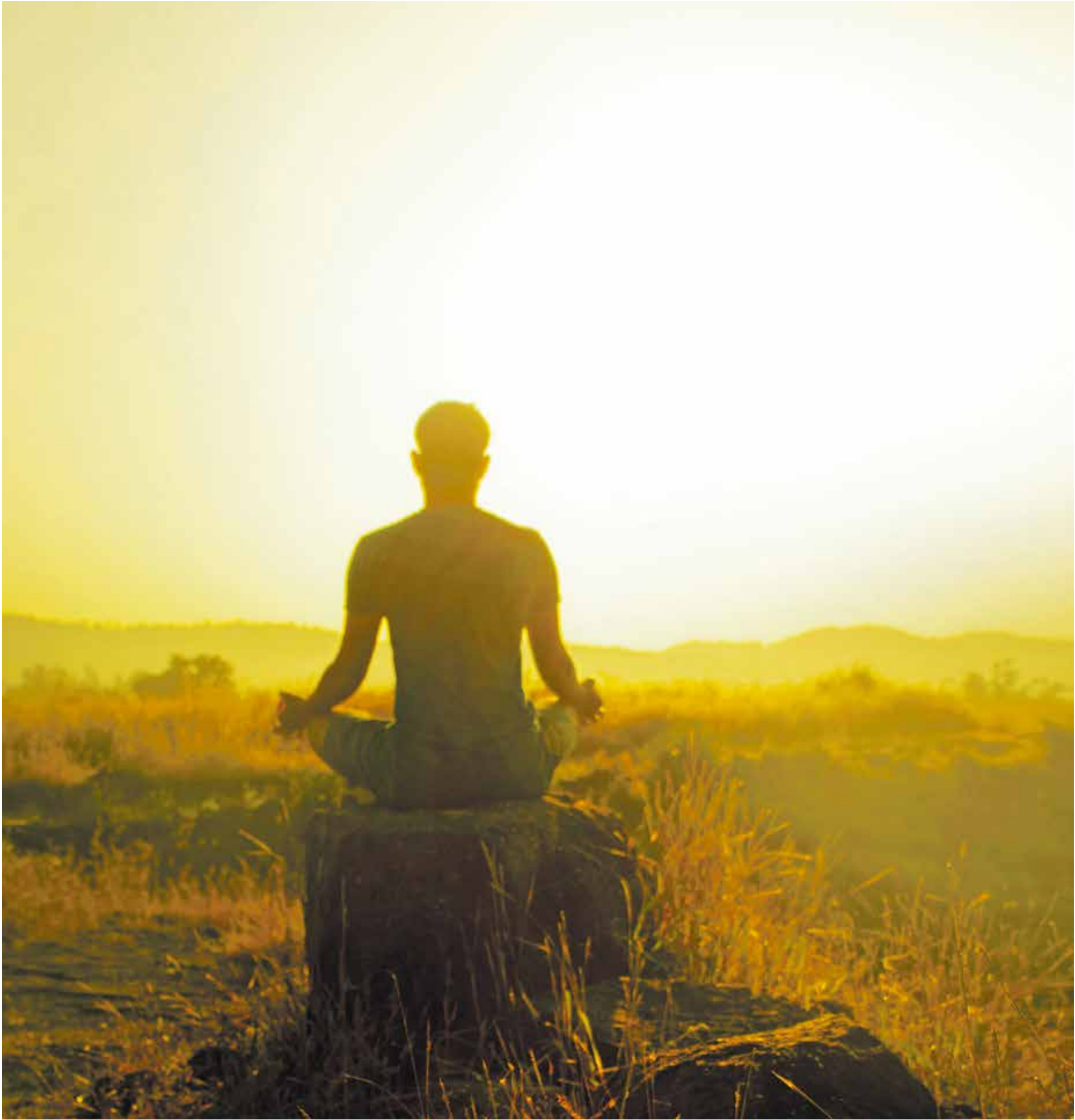
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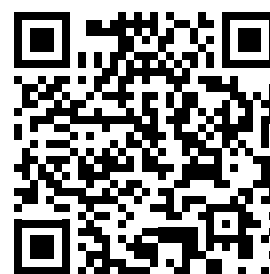
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Sussex Footcare continue to invest in the latest Podiatry equipment

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

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

Our new innovative treatments include:

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

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

Verrucas: causes, symptoms, and treatment

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

Causes of verrucas

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

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

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

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

Symptoms of verrucas

Verrucas can vary in appearance but are usually characterized by:

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

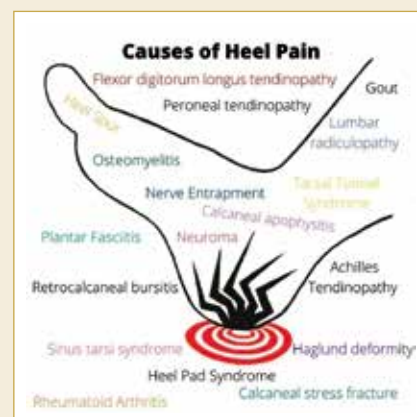
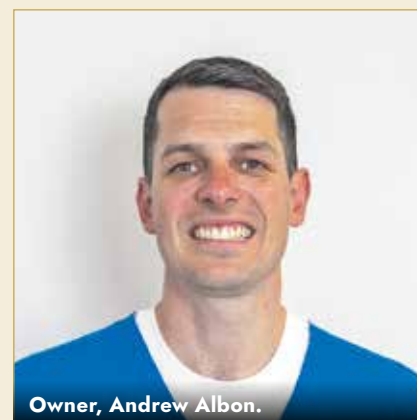
Verrucas are often confused with corns or calluses, but they tend to interrupt the natural lines of the skin and may cause discomfort when squeezed from the sides. In our clinic we have an advanced Dermatoscope which will indicate if it's a Verrucae or not.

Treatment options

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

How does SWIFT verruca treatment work?

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



What are the advantages of SWIFT verruca treatment?

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

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- **Phits 3D printed orthotics**
- **SWIFT Micro-embolisation therapy for warts and verrucas**
- **Fungal nail treatment**
- **Nail Surgery**
- **Diabetic foot assessments**
- **Home Visits**
- **Care & Nursing home specialists**
- **Sports injuries**

Womankind is official!

A NEW initiative, *Womankind*, is set to launch as a sister group to *ManKind*.

By **Lisa Pickard**

This free mental-health support group for women will hold its meetings once a month on a Monday evening, from 6:15pm to 8:30pm, at St Wilfrid's Hospice in Eastbourne. The official launch date has been scheduled for 9th June.

Womankind aims to provide a safe and supportive environment for

women to discuss their mental health challenges and share their experiences.

The group is free to attend and will be facilitated by Lisa Pickard and Fiona Collins, both of whom are Eastbourne-based friends and certified Mental Health First Aiders. Their expertise and compassionate approach will ensure that attendees receive the support and understanding they need.

Whether you're seeking a space to talk, listen, or simply be among others who understand, *Womankind*

welcomes you. Join us for our first meeting and become part of a community dedicated to mental well-being and mutual support.

Lisa said: "Ian and Paul from *ManKind* approached us to set up *Womankind* following several requests for a female group. We held a couple of meetings before deciding to go public as we felt there is a real need for a support group for ladies."

Fiona said: "I'm really proud to have been asked to set this up with Lisa.

The feedback on the sessions we have held so far has been positive; we are looking forward to opening the group up to more ladies who need a safe space to chat".

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



Lisa and Fiona.



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You never
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you will see

WE have all learnt over the years that it is definitely worth keeping your eyes open when out and about.

By **Theresa Hancock**

If you are quiet you may spot a herd of deer feeding in a field or wood, though deer footprints in muddy patches may be the only indication that they have been around.

You could be lucky enough to see a hare racing across a field, a slow worm or a newt on the path in front of you, or even an adder slithering off into the undergrowth — don't worry, they are not keen to get to know you as long as you don't mess with them.

You may come out of a dark wood and suddenly there is an amazing view in front of you, or a beautiful yellow field of primroses, cowslips, buttercups, daisies, dandelions or sunflowers, a red one of poppies, or blue crop of flax — or a mixture of all sorts.

In autumn you may come across a Fly Agaric, the red fungus with spots, which is poisonous so should only be admired and left alone so that other people can see it.

I cannot name many dragonflies, damselflies or butterflies but it is always a joy to see them fluttering around in the summer. One sunny

September day when we were walking near Crowlink, the hedgerow was alive with hundreds of butterflies which we later identified as Red Admirals, Peacocks, Commas and a Painted Lady.

It's always a bit of a surprise to see animals in the fields that aren't sheep or cattle and we have come across goats, donkeys, an alpaca and what we think were buffalo on our walks as well as the occasional flock of unusual sheep. I have to say though that coming across the camel was a bit of a shock!

One of the biggest surprises, however, was coming across a group of Naked Ramblers! This intrepid group was wearing nothing but boots and rucksacks (although when they are in public areas when they cover themselves up) and I'm shivering now just thinking about it!

Polegate Ramblers meet every Thursday choosing between a 5 mile or a 10mile walk but if you just fancy a short stroll why not join our *Leisure Walkers* who walk a couple of miles every fortnight? If you're not free on Thursdays you could try one of our new monthly Saturday morning walks. Contact our secretary on **polegateramblers@gmail.com** for more information and details of all walks.



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Seasonal offers now in store

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

By **Peter Lindsey**

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

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

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scooters that weigh from just 12kg, prices start at £1,499. Buying from us means you're supporting a local small business, you get great aftercare from a business that puts its customers first!

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Affordable mental health support making a difference



EASTBOURNE has been reported among the highest suicide rates nationally, and around 220,000 people in Sussex are believed to live with a common mental health disorder.

By **Peter Lindsey**

Add to that East Sussex has a 15.2 per cent recorded depression rate – higher than the national average – and it's not a pretty picture.

Many of us struggle with long NHS waiting lists, limited crisis support, and cost barriers to private therapy, but one local initiative is working to bridge the gap: *Calm Journey Therapy*, based at Peelings Manor Barns, Hankham Road, Pevensey.

Calm Journey Therapy provides accessible, counselling with a strong ethical foundation.

The service is focused on genuine support rather than profit, making it a crucial lifeline for many.

Counselling starts from just £15 per session, with even lower rates available for those facing financial hardship. The reduced cost counselling is provided by student counsellors.

Lou is one of three students able to offer this as *Calm Journey* is a placement through university.

Lou said: "This is a powerful example of how community-led mental health support can make a real impact – especially when so many are struggling to access timely, affordable care."

"There is a real ongoing pressures on mental health services in East Sussex."

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The Arts



Edward Wadsworth, *Sussex Bypass*, 1937. *Sussex Modernism* Exhibition at Towner Eastbourne.

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www.creativewritingprogramme.org.uk



Artists open their homes

FOR the first two weekends in June, Eastbourne Artists Summer Open Houses and Studios are reopening their homes and welcoming visitors to showcase their incredible art.

By **Scarlett Apted**

For almost seventeen years, artists have been opening their doors to allow the public to purchase their original pieces of art.

Spanning from a variety of different pieces — paintings, photographs, ceramic pots or jewellery, you won't want to miss out on these original creations.

To find out more on where you can locate these venues, Eastbourne Artists website has maps available to download for information on homes open around Old Town, Town Centre and Seaside.

7/8 & 14/15 June 2025

www.eastbourneartists.com/open-houses



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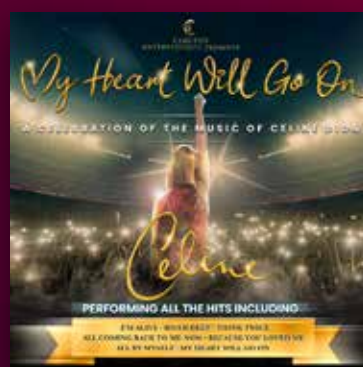
Lipstick on Your Collar
Friday 13 June



Day By The Sea
Saturday 14 June



Screaming Blue Murder
Friday 20 June



Celine: My Heart Will Go On
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Green and pleasant

JUNE brings us the longest day with extra hours of warmth and sunshine. In 2025, the solstice occurs on Saturday 21st, marking the start of summer in the Northern Hemisphere. The threat of frost has now long past and we can start planting in earnest. There's certainly plenty to keep you busy in the garden but also plenty to sit back and enjoy! Flowers are blossoming, there's lots to harvest in the vegetable garden, and keeping on top of bolting plants is a priority. Make sure you keep on top of weeding too. Your plants shouldn't have to compete for precious water, light, and nutrients.

By **Geoff Stonebanks**

It's a month of daily checking your plants, watering them if the soil is dry, especially those that are newly planted. You need to harden off any remaining half-hardy bedding plants ready for planting out and continue to water your flowering rhododendrons, with rain water if you can. More importantly, get out there and enjoy it yourself. This month also marks, probably the busiest time of the year to visit open gardens.

Jobs for June

If you have a greenhouse, it is always a good idea to use blinds or apply shade paint to prevent it from overheating on hotter days. Remember

to open vents and doors on warm days too. If you have hanging baskets and containers growing on in the greenhouse, you can move them into their final positions in the garden.

Wind can take us all by surprise at this time of year, especially where I live, so it is always good practice to stake tall perennial plants early to prevent wind damage. Additionally, as new shoots grow on climbers, such as honeysuckle and clematis, use soft ties to train them to their supports. Towards the end of the month, if your hardy geraniums have finished flowering, cut them back to encourage new foliage and flowers.

Keep an eye open for lily beetle. I have some gorgeous lilies, pictured in header, which dazzle every year in the garden.

National Garden Scheme

Here are four local gardens you could visit this month. *Butlers Farmhouse* in Butlers Lane, Herstmonceux, opens on Monday 9th and Tuesday 10th from 2pm to 5pm with entry £7.50. The owners are certain you will have fun and enjoy the secret jungle garden, Cornish-inspired beach corners, rainbow border, not to mention the poison garden, all set in six acres of rural Sussex with the South Downs in the distance.

Farleys Sculpture Garden in Muddles Green, Chiddingfold, near Lewes, opens on Saturday 7th, from 10am to 4:30pm, with entry £5. Designed as different themed rooms for sculpture, Farleys garden presents a permanent collection of works chosen by photographer Lee Miller and surrealist artist Roland Penrose, alongside works by contemporary guest sculptors. Over the years, giants, goddesses, mythical creatures and Roland's own work has populated the garden, in the company of work by their artist friends.

5 Coastguard Cottage at Cuckmere Haven in Seaford will open both days over the weekend of the 14th and 15th, from 10am to 5pm with entry £5. This iconic setting overlooking the *Seven Sisters* will be known to many from a distance, but this plot is rarely seen. It is nestled on the cliff top in the *South Downs National Park* with sea views and planted with native plants, poppies, herbs, vegetables and acanthus.

Finally at the end of the month, on Sunday the 29th, *Hellingly Parish Trail* has eight pretty gardens opening their gates for you to see from 11am to 5pm, with a combined entry of £8. You can find full details, directions etc of all the gardens I've mentioned on the website at www.ngs.org.uk

Driftwood Garden openings

If you fancy a visit to my garden in Seaford, we are now delaying our "by arrangement" openings until the period 16th June (following my knee replacement on 30th April) through until the 3rd August. To book your private visit and see the garden in all its glory, email visitdriftwood@gmail.com There are many water features throughout the plot which add to the tranquil feel the garden offers. As usual, there are plenty of sunny and shady nooks to enjoy your tray of home-made cakes all served on vintage china. We look forward to seeing you.

Tropical influence

If, like me, you want a little tropical influence in your garden, then why not invest in a thoroughly hardy plant like *Aloe striatula*, it is an evergreen succulent with bushy, scrambling stems. The stems and leaf sheaths are striped light and dark green. Yellow racemes of flowers with protruding orange stamens are produced on spikes 40cm high in summer. They originate from South Africa and look pretty amazing planted with palms and grasses. Outdoors, protect from excessive winter wet by ensuring very sharp drainage and plant in full sun.

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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