

08/25

Issue 062August 2025

THE EASTBOURNE SHED PROJECT

Helping to tackle loneliness and the onset of dementia.

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GALLERY@42 IN CONVERSATION WITH:

Alan Taylor, artist with a passion for planes, boats and trains.

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Bournefree



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





Busy times here at Bournefree

I THINK it's fair to say we are busier than ever at *Bournefree* – which can only be good for the town.

By Peter Lindsey

There are three of us out and about in the community, and we are getting more positive results than ever.

Gail is our Sales and Marketing Manager, doing most of the networking around Eastbourne and Hailsham, and interacting with local businesses daily.

Harry is also working with companies, as well as *BID*, *Eastbourne Theatres*, *Towner* and other cultural aspects of our town.

And I'm going out, meeting local people for interviews as well as advertisers as well.

Together, using August as an example, we have a bumper *Bournefree* packed with both news stories and features, as well as our valued advertisers.

August is prime tourism time for Eastbourne – we have *Airbourne* and also the Pop-Up Park in Victoria Place running until September 2nd.

The Park will give a much-needed boost to the traders in Victoria Place, who as we know have had a tough time.

By Christmas though, the area should be looking magical – I'm sure it will be.

The voluntary sector in Eastbourne remains as thriving and inspirational as ever, and I was delighted to visit *Inspire Sussex* at its premises in Old Town.

When I arrived, the clients were busy rehearsing for their forthcoming musical — it was magical to sit back and listen to, and watch.

Around the corner, and in Church Street, Old Town, we now have the SASBAH/JPK Hub, recently visited by our MP Josh, again making important differences to people's lives.

SASBAH has been at the centre since Christmas, and, as Josh said, it's great to see two charities working so well together.

Josh called it 'a powerful example of inclusion in action.'

We are already working on September's *Bournefree*. Please feel free to reach out to us, obviously the earlier the better.

September's print edition will include a four-page feature on the *East Sussex College Group* with exam results due to be announced mid-August.

Let's hope all our young people get what they set out to achieve.

Have a great sunny August!

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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Meet the inspiring conductors behind Eastbourne's iconic Dotto Train insight into every turn of the track. has operated in Eastbourne for over

YOUNG, passionate *Stagecoach* conductors

like Lorelei, Tallulah, and Keira are bringing fresh energy, local knowledge, and inclusivity to Eastbourne's iconic seafront ride.

By Darragh Morris

Stagecoach is proud to welcome more women and students into roles traditionally seen as maledominated, offering flexible, well-paid opportunities for locals.

The Dotto Train isn't just a fun ride — it's a landmark that supports community connection, accessibility, and meaningful employment in Eastbourne.

Dedicated conductors

From its charming chug along the coastline to its vibrant carriages full of laughter, the Dotto Train has long been a cherished landmark in Eastbourne — and it's not just the seaside views that make the ride special. Behind every journey is a dedicated *Stagecoach* conductor, and this summer, we're celebrating the fantastic people who keep the wheels turning.

Meet Lorelei, Tallulah, and Keira

– three of our brilliant Dotto Train
conductors who bring heart, history,
and a whole lot of energy to the
promenade. The team reflects a
growing diversity in transport — a
field traditionally seen as maledominated — with more young people
and women stepping into the role.

A love for their community

They're students and graduates, history buffs and criminology minds, and all united by one thing: a love for their community and the open seaside air.

Lorelei, who studied History at university, brings Eastbourne to life with her on-board commentary — guiding passengers from the harbour down to Holywell, the pier, and the *Wish Tower*, weaving historical

insight into every turn of the track.
"We even run bingo games for kids," she says. "It's about creating memories — and helping people see Eastbourne in a new way."

Her colleague Tallulah is a Criminology graduate from Leicester, while Keira is finishing her degree in Criminology with Policing from the *University of Worcester*. All three were drawn to *Stagecoach* for the same reasons: the chance to work outdoors, make money during university breaks, and become part of a supportive local business.

It's always a good day

Now in their third and fourth summers with *Stagecoach*, the team speaks highly of the inclusive and flexible culture they've found. "It's stable, well-paid, and flexible around our studies," explains Keira. "We all have fixed rotas, and there's real mutual respect. Even if you've never met the driver before, they always say hello. Everyone's friendly — and it's always a good day."

And it's not just good for the team

– the Dotto Train is also beloved
by the community. It offers scenic,
accessible transport for people
of all ages and abilities, including
those with mobility issues. The train

has operated in Eastbourne for over 20 years and continues to be a symbol of joy and connection. With partnerships like the one at Holywell and routes spanning the most picturesque parts of town, it's both a tourist attraction and a lifeline.

Stagecoach isn't just a transport provider — it's a proud local employer offering opportunities to students, seasonal workers, and residents alike. Whether you're fresh out of university or a long-time local looking for a fulfilling role, the company proves that you don't need to follow a conventional path to find a meaningful career. There's variety, purpose, and — as the team says — never a dull day.

Moving, smiling and proud

So next time you're at the beach and hear the friendly whistle of the Dotto Train, give a wave to Lorelei, Tallulah, or Keira. They're not just conductors — they're storytellers, community ambassadors, and a shining example of how *Stagecoach* is helping keep Eastbourne moving, smiling, and proud.



You Raise Me Up secures more funding

YOU Raise Me Up have had a good month in terms of fundraising!

By Simon Cosham, General Manager, You Raise Me Up

We have managed to secure funding for counselling and core costs so thank you to Chalk Cliff Trust, Zurich Community Trust, The John Jackson Trust and The Whitehead Monckton Charitable Trust for funds received over the past few weeks.

Events

We have also been very lucky to have several Community Events

put on for us including football tournaments, quizzes, people running for us and competing in a triathlon so thank you to all that have contributed — it is very much appreciated!

Golf Day

Our Golf Day is now sold out but there are still some sponsorship opportunities. Please email

info@youraisemeup.co.uk for more information.



We are making progress towards starting our monthly support groups back up so watch this space!

About the charity

Our sole purpose is to raise funds to support families that have suffered the loss of a young person aged 16–25 years. Grief is a lonely journey; finding others with that shared experience to support each other is vital. We provide

compassion and support to our families. We fund counselling and support groups for our families. You Raise Me Up was founded by the late Jane Brooks and her husband Fraser in June 2011. We are based in East Sussex and support families from East & West Sussex and Kent.

Thank you for your support!

www.youraisemeup.co.uk







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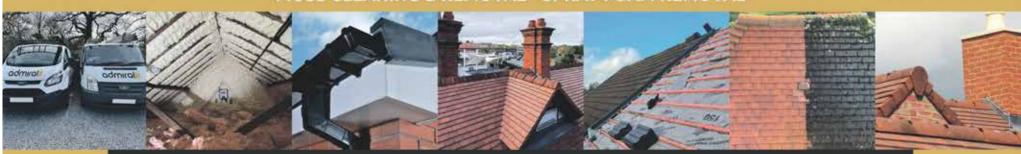


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Citizens Advice Eastbourne

RAISES awareness with local business breakfast.

By Tom Buttle

Citizens Advice Eastbourne hosted a well-attended breakfast morning on Tuesday 22nd July at the FOUNDRY in the Beacon, bringing together trustees, volunteers, and local business people to raise awareness of the charity's vital work in the community.

The morning opened with a brief introduction from Tom Buttle, who has been leading the marketing and design efforts following strategic planning sessions with experts Duncan Adams and Jamie Pierce last September.

Alan Bruzon, Chief Officer, spoke passionately about the incredible work the charity does to support local people, highlighting its positive impact in Eastbourne and reminding attendees that *Citizens Advice* is a charity, something often overlooked.

Guests were shown a powerful video created by Tom and local videographer Glen Smith, capturing the stories of the team members and volunteers that all contribute to ensure



Citizens Advice Eastbourne has a lasting positive impact on our town.

Alan also shared that a new website, developed with Julian Perrott from *Barkweb*, is in the final stages and will launch in the coming months to help further the charity's reach and accessibility.

A luxury cake was raffled during the morning, with Tom Fielder from *Switchplane* emerging as the lucky winner, adding a touch of fun to the event.

The breakfast morning provided an opportunity for local businesses to learn how they can support *Citizens Advice*

Eastbourne, ensuring it can continue to offer free, confidential advice to those who need it most in our community.

To find out more about the charity, services, becoming a volunteer or donating, please visit:

www.eastbournecab.co.uk



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Summer Sun in Eastbourne!

It's summer in Eastbourne, and we've got a packed schedule of events to keep you entertained this month! From pop-up parks and street parties to an Airbourne fanzone and a festival in Princes Park – there's something for everyone. Here's what's on:



Mark Lane & Station Street Summer Party

8th & 9th August, 7pm-1am
Back again: 12th & 13th September

Following last year's fantastic turnout, the Summer Party is back! Join the teams from The Loft, Eastbourne Cocktail Club, Temple Bar, Picasso's, The Works, and Bear Club for a street celebration with live acoustic music, picnic tables, food and drink – the perfect summer night out.

Airbourne Fanzone on Bankers Corner

Saturday 16th August

We're excited to launch our brand-new Airbourne Fanzone at Bankers Corner! Watch the incredible flying displays streamed live on our Big Screen TV while relaxing at our picnic benches. It's the perfect spot to take in the action and atmosphere of Eastbourne's iconic airshow.





Event from our BID Business

Southbound Fest

Eastbourne, get ready — Southbound Fest is landing in Princes Park on 30th August for its explosive debut!

Southbound Fest is set to bring serious heat with a stacked lineup featuring Route 94, Nathan Dawe, Tom Zanetti, Young T & Bugsey, Lady Leshurr and Jaguar Skills. Expect high-energy sets, big productions, banging food trucks, flowing bars, thousands of music lovers and nonstop vibes from day to night.

Tickets are flying, so grab yours now and be part of Southbound's unforgettable first chapter. We are set to shake up the South Coast! This summer, it's all about Southbound. 18+ only.

Victoria Place Pop-Up Park

23rd July - 3rd September

We're thrilled to be bringing back the Pop-Up Park in Victoria Place! In collaboration with local traders, the newly repaved street – now barrier-free – will host live music, alfresco dining, and is the perfect place to soak up the summer vibes. Check below for performance times and drop by!

SAT 2ND AUGUST QUALISEA STAGE

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

SAT 9TH AUGUST QUALISEA STAGE

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

SAT 23RD AUGUSTBELGIAN CAFE STAGE

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

SUN 24TH AUGUST BELGIAN CAFE STAGE

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

SAT 30TH AUGUSTBELGIAN CAFE STAGE

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

SUN 31ST AUGUST QUALISEA STAGE

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

GRAND FINALE TUE 2ND SEPTEMBERQUALISEA STAGE

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

Driven by business, funded by business

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

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



One-day event to spotlight Eastbourne businesses

ANTICIPATION is building for the inaugural *Eastbourne Business Show*.

By Harry Farmer

Promising to offer unparalleled opportunities to significantly boost brands' visibility and reach, the event will place businesses directly in front of hundreds of potential clients, partners and collaborators — all actively seeking new solutions and services.

Curated to offer a dynamic platform to showcase the latest products, spotlight expertise and make a lasting impression on a captive audience.

Beyond exposure, the show sponsored by Lightning Fibre is being staged in partnership with Eastbourne Chamber of Commerce and Brilliant Businesses, is a prime networking hub designed to foster valuable connections. Engage in face-to-face conversations with decision-makers, industry leaders and



MIKE MONK EVENTS

local entrepreneurs, building rapport that simply can't be achieved online. These interactions are crucial for generating quality leads, securing new business and discovering synergistic opportunities that can drive your growth for the coming year.

Mike Monk, event organiser, said: "Ultimately, participating in the Eastbourne Business Show 2025, as an exhibitor or visitor, is a strategic investment in your business's future. It's a chance to gather immediate feedback on your offerings, gauge market interest, and gain competitive insights.

"By actively engaging with the local business community, you reinforce your commitment to Eastbourne and position your company as a key player. Seize this exceptional opportunity to accelerate your business development, achieve your sales targets, and solidify your position as a leader in your industry."

Be part of the buzz

If you want your business to be part of the buzz at *The Kings Centre* on September 10th, act now – book a stand at:

www.tinyurl.com/msp2rk8j

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Discover a new direction with Adult Courses at East Sussex College

IF you've been thinking about making a change – whether it's taking your career in a new direction, picking up a new skill, or finally pursuing that passion project – *East Sussex College* is here to help you get started.

By Peter Lindsey

The College has just released its brand-new Adult Course Guide for 2025-26, featuring more than 500 courses for adult learners of all ages and backgrounds. With an ever-growing range of qualification-based and professional courses, as well as hobby and leisure options, it's never been easier to invest in yourself, boost your confidence, and gain skills that matter.

East Sussex College believes that learning doesn't stop at 18 — and it's never too late to try something new. Whether you're 19 or 90, there's a course for you. With a wide choice of both online and oncampus courses, the College offers the flexibility busy adults need to fit learning around work, family, and other commitments.

Courses range from creative workshops and wellbeing classes to in-demand qualifications in areas like healthcare, accounting, education, construction, and digital skills. So whether you're looking to retrain, upskill, return to work, or take your first steps into a new industry, there's a route to suit you.

For those considering higher education later in life, the College offers Access to Higher Education courses — one-year pathways designed specifically for adults. These courses help prepare learners for university-level study and open the door to degrees in subjects like nursing, social work, teaching, and more. Structured to fit around your life, these courses are ideal for adults who may have been out of education for a while but are ready to take the next step.

A key highlight in this year's guide is the College's growing portfolio of qualification-based courses, which allow learners to study part-time, online, or in the evenings. You can gain industry-recognised qualifications in business, childcare, IT, bookkeeping and many more — all supported by expert tutors who are passionate





about their fields and committed to helping adult learners succeed.

And it's not just about climbing the career ladder. The College also offers a wide selection of leisure and lifestyle courses, perfect for anyone wanting to pick up a new hobby, meet new people, or simply take time out for themselves. From creative writing to photography, cookery to crafts, there's something for every interest.

So, if you're ready to do something for yourself in 2025, take a look at the new *Courses for Adults* guide from *East Sussex College*. It's packed with opportunities to try something new, go further in your current role, or change direction entirely.

Explore the guide today:

Courses for Adults at East Sussex College 2025-26 available online via Issuu or pick up a copy at one of your local campuses at Eastbourne, Lewes or Hastings.

COURSES FOR

Why not make this the year you invest in yourself?



Lightning Fibre wins again

LIGHTNING Fibre has won two UK Fibre Awards reflecting their recent growth in the Southeast.

By Peter Lindsey

More and more households and businesses are making the switch to *Lightning Fibre*, to access affordable, reliable full fibre broadband.

Using the latest full fibre optic technology, the new infrastructure provides lightning fast, rock solid broadband with symmetric speeds from 100Mbps to 10,000Mbps.

At the *UK Fibre Awards 2025, Lightning Fibre* was recognised as the sector's 'Take-Up Champion' and was also awarded 'Sales/Commercial Team of the Year.

The company stood out among national providers for its impressive growth, high retention and customer-first approach.



With UK households feeling the pinch from rising bills, *Lightning Fibre* has introduced a brand new 100Mbps package for just £22 per month, fixed for two years.

This is in addition to the Summer Sale, which has seen the price of the 500Mbps package reduced from £32 per month to £25 per month, fixed for two years. This offer ends on 30th September.

Rob Reaks, Chief Commercial Officer said, "An increasing number of people

are making the switch from old copper technology to full fibre; in many cases this means moving away from a large, national ISP. Typically, these mainstream providers impose annual inflationary price rises, mid-contract, which is unpopular with consumers. With Lightning Fibre, the price today is the price you pay for a full two years."

Lightning Fibre has a shop inside the Enterprise Shopping Centre, Eastbourne open Monday to Friday, 9am—5pm. Check availability online at www.LightningFibre.co.uk





Rooted in resilience:

GROWING a climate-conscious community garden in Eastbourne.

By Sarah O'Flaherty

Tucked away on Gorringe Road, a quiet Eastbourne allotment is blooming into something extraordinary.

Thanks to support from the Blue Heart Community Fund, Rooted Community Food has launched a Climate Resilient Garden project — transforming their Kitchen Plot into a living hub of sustainable gardening, creativity, and community care.

This isn't your average vegetable patch. With techniques like Hugelkultur, keyhole gardening, vertical growing, and Olla pot irrigation, *Rooted* is experimenting with solutions that help gardens thrive during both drought and downpours.

Everything is recycled, shared, and grown with purpose — from pallet collar planters to a prototype polytunnel rain catcher. Even the



beds have names ("The Tomb" is their Hugelkultur centrepiece in progress).

What makes it special isn't just the growing methods — it's the people. Weekly sessions bring together experienced growers and first-timers alike, united by a shared vision for a greener, more resilient Eastbourne.

And this August, they're inviting the wider community to join the celebration.

Climate Resilient Garden Gathering Gorringe Road Allotment Site, Eastbourne Sunday 24 August | 10AM-1PM (arrive before 12).

Free entry.

RSVP: sally@rooted.food

Expect seedy art, garden challenges, iced tea, and storytelling in the sun. It's a joyful look at how community and climate care can grow side by side.

To learn more, follow *Rooted* Community Food on *Instagram* and *Facebook*.

To find out more about *BlueHeart*, please visit **www.blueheart.org.uk**



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Young chefs celebrate Grand Hotel's 150th anniversary

STUDENTS from *The Cavendish, Gildredge House* and *Eastbourne Academy* competed at the *2025 Eastbourne Young Chef* finals at *The Cavendish School*, on Tuesday 24th June.

By **Tim Sorensen**

The 27th annual competition was organised by local charity, Eastbourne Education Business Partnership in conjunction with The Grand Hotel. The finalists, who each had to design a 3-course menu in celebration of The Grand Hotel's 150th anniversary, had ninety minutes in which to prepare their main dish for judging.

"We were treated once again to some very creative and enjoyable dishes from our six young chefs that made the job of judging a challenge in itself. Katie stood out with creativity and fitted the brief with her duck dish which was cooked to perfection. Logan also fitted the brief with his eye-catching chicken dish and creativity. Well done to the winners", commented Hrvoje Loncarevic, Executive Head Chef at *The Grand Hotel*, who supervised the judging.

Kathy Codling, representing the *Eastbourne Hospitality Association* as competition sponsor and Jupiter Humphrey-Bishop, 2015 Young Chef winner and now footman in the *Royal Household*, representing the Institute of Hospitality, assisted Hrvoje with judging.

Mentor chefs from Lansdowne Hotel and The Grand Hotel had previously supported the schools during their individual school heats. This added a further work-related dimension to the competition and provided additional support for the students and their teachers.

The two category winners, Katie (Years 7/8) and Logan (Years 9/10), each received a 'Young Chef' trophy plus family tea at The Grand Hotel. All finalists received prizes kindly donated by Tesco, Waitrose and Hilliar Garden Centre plus a certificate 'in recognition of achievement'.

First Serve community

FIRST Serve is the new cafe at Old Town Community Ground – and it really is getting heavily involved in the community this summer.

By Peter Lindsey

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

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

The venue is perfect to host parties, and current highlights include the Summer Fair being held there on Saturday August 23rd.

Owner Craig Wells said: "Please come along. It starts at noon and we are also looking for stallholders as well."

There are plenty of other reasons to pay a visit.

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

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





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

"We are a great meeting place for people who are going onto the Downs or coming back after a walk.

Retired people also come to us as well as mums or dads on the school run with the playground here as well.



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

"There really is something for everyone."

Craig and his team will be delighted to see you.

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Summer holiday at Students of the Game

THE summer holiday may be in full swing but it's all systems go at *Students of the Game*.

By Joe Walton

We've already had visitors from across Britain, Europe and even further field and it's about to get even busier now the schools have broken up for the summer.

But like the local football teams who are running bleep tests and playing friendlies in preparation for the new season, there's no time for rest in our shop.

The hard work continues to ensure that you'll find something special in our sporting oasis in *Little Chelsea*, whether you're a local enjoying the summer at home or have made the trip to visit Eastbourne.

Pop into our shop opposite the Town Hall and you'll find some special offers for the summer.

Our summer sale is live with some huge discounts on football shirts, *NFL* clothing and more. You can get a free vintage t-shirt with our 3 for



2 offer, and there's an extra special offer on kids' clothing.

For the whole summer holiday, if you spend £20 or more on kids' clothing in the shop, we'll give you a £5 note of 'Students of the Game Cash' to spend on your next visit.

It's our way of saying thanks to our loyal customers and those trying us out for the first time.

With teams from around the world and sizes going from 18 months to

16 years, there's a huge choice. You can nab a £5 football shirt perfect for a kickabout or pick out one of our special vintage shirts from decades gone by.

Whatever brings you to Eastbourne this summer — sunshine, sport or just a change of pace — we hope you enjoy yourselves. And, if you're passing by, come and say hello.

Students of the Game 3 South Street BN21 4JA www.studentsofthegame.co.uk





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The Glitter Ball

WHAT began as a local business organising Wedding Fayres and small events has developed into a not-for-profit organisation dedicated to hosting impactful charity fundraising events across East Sussex.

By Peter Lindsey

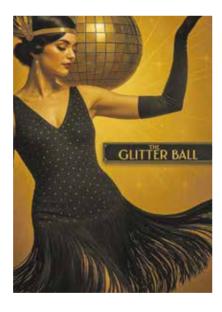
Now Spotlight Events is organising The Glitter Ball 2025, being held at The Winter Garden on October 4th, raising funds for St Wilfrid's Hospice.

Two previous charity Balls in 2016 and 2017 raised more than £13,000.

Organiser Tom Lynn said: "It's clear that community support truly makes a difference. Now, our beloved St Wilfrid's Hospice needs us more than ever to continue their outstanding work providing compassionate end-of-life care.

- "So we're bringing back *The Glitter Ball* in 2025 to raise funds for Eastbourne's only hospice.
- "The theme is the Roaring 20s so we are inviting guests to 'Glam up for the Glitter Ball.'
- "Think vintage elegance, sparkle, and sophistication. Gentlemen, black tie or smart evening attire is the order of the night.

"Every penny raised will be donated to St Wilfrid's Hospice."



Tickets are £80 each or £750 for a table of 10.

This includes:

- Welcome drink on arrival
- Three-course meal
- Big Prize Raffle
- Live auction with exciting prizes
- Casino-style gaming
- Fun, games and live entertainment.

Want to book tickets?

Want to sponsor, or donate a prize?

Please visit:

spotlight-events.co.uk/events



We look forward to welcoming you to our

2025 OPEN EVENING EVENT & OPEN MORNINGS

OPEN EVENING EVENT

THURSDAY, 18TH SEPTEMBER 4:45PM — 8:00PM.

BOOKING RECOMMENDED, DETAILS VIA OUR WEBSITE. WWW.RATTON.CO.UK
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9:15AM EACH DAY.
MONDAY 22ND TO FRIDAY 26TH SEPTEMBER.
BOOKING RECOMMENDED.

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www.ratton.co.uk/contact-us/virtual-tour

We really look forward to welcoming you to our school so you can experience everything we have on offer here at Ratton. See us in action with guided classroom tours and meet our friendly staff team who are ready to answer any questions you may have.

CHECK OUT OUR SCHOOL SOCIAL MEDIA PAGES HERE









These will offer you an insight into the culture we promote here at Ratton and showcase the many achievements of our students (including sporting, performing arts, extra-curricular and much more).

How our Open Evening Event / Morning Tours work

Open Evening:

Parking is available in the school playgrounds via the Park Lane entrance at the back of the school. Limited parking is also available on Park Avenue. The evening will feature classroom tours, opportunities to meet our teachers and staff, talks from our Headteacher and Executive Headteacher and the chance to meet some of our #TeamRatton students who will be available to assist.

Open Mornings:

Arrive through Ratton Reception for your allotted time (no earlier please).

We look forward to welcoming your family to **#TeamRatton** very soon and hope we can work with you and your child to **#AchieveTogether** as they continue their journey into secondary education.









Invaluable support from Matthew 25

THE Matthew 25 Mission on Seaside provided support to more than 2,200 people in May alone.

By Peter Lindsey

It helps vulnerable adults with food — breakfast and lunch — but also medical, financial, housing and other areas of concern.

In May, it provided 1842 meals for men, 418 women. or was that how many people supported in total.

Centre Manager Andrea Valentine said: "We are working with people who are in great need. That may be around mental health, homeless issues, domestic violence, abuse and others.

"We are a charity and we work with other agencies who may be able to help. This includes the Jobcentre, council, nurses, podiatrists and other groups.

"We are serving tea and coffee from 8am in the morning and breakfast from 8:30am weekdays. People can come back for lunch as well if they want."

When I visited at noon, the *Brodie* Hall, part of *Christ Church*, Seaside,

was very busy, people coming in and out, all with varying levels of need.

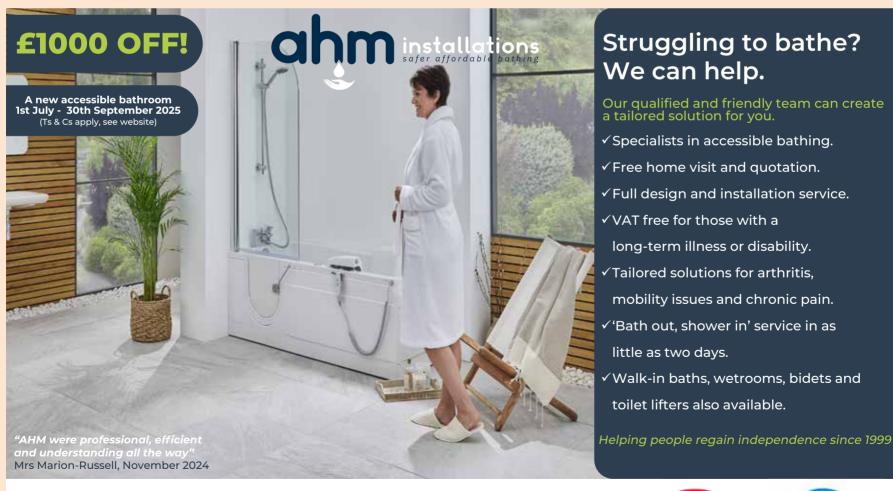
Clearly, the work done by staff and volunteers at *Matthew 25* is amazing and much-needed.

Andrea said: "We are very keen to reach out to the wider community. Yes, we need funds but we also want to become an integral part of the community.

"I am pleased that we now work with *The Salvation Army*, and I am conspicuous there is more we can do in terms of linking up with people and groups in the community."

www.matthew25mission.org manager@matthew25mission.org 01323 726960









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Junior engineers explore robotics

SIX teams of Year-2 pupils took part in this annual engineering event at the Town Hall.

By Peter Lindsey

The 'Robotic Control Challenge' was organised by Eastbourne Education Business Partnership as part of its Engineering Club programme.

The teams were introduced to the basic principles of control systems and robotics before being asked to complete a task.

This was writing a simple movement sequence programme and making grabber attachments for a robotic arm to safely pick-up, move and deliver a load (a small ball) to an allotted target area from a collection stand.

Testing was all about control of the arm and the accuracy achieved as the teams picked up and then deposited their ball. Nearly all achieved a successful manoeuvre but it was clear that some control sequences worked better than others with some important

engineering lessons being learnt whilst the teams had fun on the day.

Teams were judged on the success of their robotic arm manoeuvre together with the overall design, build plus imagination and teamwork. Cavendish Primary School was the overall winner and received the Junior Engineers Challenge trophy and individual prizes. There were also prizes for all the other teams and a special certificate for everyone.

Tim Sorensen, acting chair of Eastbourne EBP, said: "Eastbourne EBP has a strong history of supporting engineering. The event highlights the importance of engineering to the local economy and aims to put some real learning into context. As well as making learning fun, it encourages teamwork and helps the pupils to develop their practical skills. We are grateful to everyone who supported the event."







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SELECTING a home interior style based on your personality.

By Harriet Smallholding

Pure and simple

You like simplicity and calmness but aren't clinical – there is a warmth and homeliness to you, but clutter drives you crazy.

Dream décor: Use Scandinavian design, known for its minimalism, functionality, and connection to nature. It features light colours, natural materials like wood and leather, and simple, well-crafted furniture - cosy, inviting, clean and uncluttered.

Brutally honest

You spend your day spent seeking truth and realism as you stride through life with confidence and candour.

Dream décor: Inspired by factory and warehouse aesthetics, the industrial style embraces raw, unfinished elements. Exposed brick walls, ductwork, and metal beams are characteristic features. Furniture is often made from reclaimed wood and metal, and the colour palette includes earthy tones and greys, ideal for when you're keeping it real.

Free spirit

You are a daydreaming, optimistic, romantic and kind soul.

Dream décor: Bohemian, or boho, design is eclectic and artistic, often incorporating a mix of patterns, textures and colours. It embraces an open-minded and relaxed atmosphere, with an emphasis on handmade or unique items, while layered textiles, plants and vintage pieces are common.

An old soul

You've a penchant for pipes, typewriters and vintage wines as you retreat to your boudoir with a good book.

Dream décor: Traditional interior design draws inspiration from 18thand 19th-Century European interiors. It features rich colours, ornate details and classic furniture pieces. Symmetry and balance are key elements, and the use of wood, silk and velvet makes it a luxurious place to escape that is far from the madding crowd.





Josh is a MP who listens

IN his first year as Eastbourne's MP, Josh Babarinde visited and met with more than 200 business, schools, charities and campaigners.

By Peter Lindsey

That's part of being a MP — it's also important for he/she to listen, take issues on board, and raise their issues and concerns when relevant.

Well, Josh certainly did that when he visited the new SASBAH/JPK Project Hub in Church Street, Old Town, Eastbourne.

SASBAH – The Sussex Association of Spina Bifida and Hydrocephalus – recently moved from its premises at Gun Hill, Chiddingly, into Eastbourne.

It is now based at *The JPK Centre* in the space which was previously a cafe. *JPK* has seven assisted living flats there as well.

Josh said: "It was a pleasure to visit the *JPK Project* and *SASBAH* — two incredible organisations making a real difference in our town.

"Their centre in Old Town is a warm, welcoming space, run by a brilliant team of staff and volunteers.

"It was also great to see their newly launched community training centre where they are providing vital placements and skills development for individuals with learning disabilities. "It's a powerful example of inclusion in action and shows what can be achieved when local organisations work together with purpose.

"A massive thank you to all the team for inviting me — and good luck to resident Jo who has just started a new job in hospitality!

"They represent the very best of Eastbourne!"

Rom Sanglaji, Chief Executive Officer at *SASBAH*, said it was a pleasure to welcome Josh to the centre.

Rom said: "Josh's visit was such a refreshing one. He was genuinely interested in the work we do and how we support people who come here on a regular basis.

"He listened to our members. Some have been concerned at the disability cuts that had been planned. He mentioned the story of one of them on ITV's The Last Word, which was impressive."

https://sasbah.org.uk





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Inspire Sussex – and inspirational work!

IT'S now more than one year since *Inspire Sussex* moved into its new premises in Old Town – and everyone absolutely loves it!

By Peter Lindsey

The charity hosts around 25 people each day at what was formerly *Greenfield Methodist Church* in Greenfield Road.

And *Inspire* does appear to be the key word.

When I visited on a Tuesday morning, they were rehearsing for their November production of the musical *Jungle Rock*. There were plenty of smiles, singing and dancing.

Val Openshaw is the *Inspire Sussex* Day Centre Manager.

She said: "We are all about fun — we are certainly not your average Day Centre. Fun is what we are all about, its all about being active and taking part.

"We are open for anyone with a learning or physical or learning disability. Our youngest member is 19, our oldest 92.

"We have now been in our new premises for over a year — it's fantastic because there is so much space, and we put that space to good use. We are, of course, fully accessible."

Activities on offer include: drama, photography, gardening at the Inspire allotment in Bridgemere, sports, working in the cafe on Wednesdays, bowling, pottery, embroidery, arts and crafts.

Val said: "The cafe is open to the public on Wednesdays between 10:30am and 2pm, and we do urge the public to come and visit us.

There's drinks, homemade cakes and light lunches, our members help with the serving and clearing of tables, overseen by staff.

"We also need volunteers so if anyone reading this wants to come and pay us a visit, please do so. You will be warmly welcomed."

I met Donna and Paul, whose son Louis, 25, visits *Inspire Sussex* three days a week. Donna said: "Louie loves people and he was at college until three years ago, He stayed at home for a while, and then we found Val and *Inspire Sussex*.

"The activities here are great, so varied, and Louie has made new friends, which is important.
Coming here has made Louie more independent. We know that he can be challenging at times but Val has been so helpful enabling us to access support from social services.

"This is a lifeline to the family – we would be in limbo if *Inspire Sussex* wasn't here."

To contact *Inspire Sussex*, email admin@inspiresussex.org.uk or call **01323 722034**.



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Sunday	Closed	16:30 - 21:30

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Tehran – Eastbourne's first Persian restaurant

FLAVOURS of Iran in the heart of Eastbourne.

By Peter Lindsey

Tehran, Eastbourne's first and only Persian restaurant, opened its doors in June — inviting guests to explore the rich culinary traditions of Iran.

The menu features beloved classics like Ghormeh Sabzi and Fesenjan



stews, alongside aromatic kebabs such as Koobideh, Shishlik, and Chenjeh, all crafted with authentic ingredients like saffron and dried limes.

Beyond the food

The experience extends beyond the food. Tehran offers an exceptional

Saffron Margarita, a bold signature drink that's already winning hearts. For dessert, guests can enjoy Persian Baklava and Rollet, perfectly paired with traditional Persian tea.

A memorable experience

"We believe food should tell a story and bring people together," says the team behind *Tehran*. With its warm hospitality and cultural flair, Tehran offers more than a meal — it offers a memorable experience.

cocktail menu, including the standout



Located at 6 Grove Road, Tehran is open for lunch and dinner, with takeaway also available.

To view the menu or book a table, visit www.tehranrestaurant.uk or call **01323 720033**

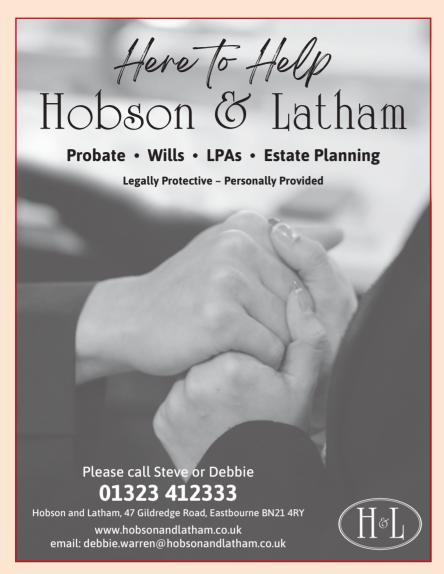
Follow on *Instagram* and *Facebook* for updates and events.

tehranrestaurant1 **17** Tehran Restaurant



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New Horizons are looking for business opportunities

I'M Mark Beresford. Over a period of 24 years, I bought 26 companies across six groups of businesses. During the same period I didn't buy more than 200 others that I had looked at.

By Mark Beresford

I merged many, sold several and closed three. The 200 businesses I didn't buy had one thing in common.

At New Horizons, we've worked at the coalface. We have the expertise to help you understand the risks and avoid common pitfalls when selling your business.

Publically advertising your business is very risky. 75% of advertised businesses don't sell. It could be a misleading valuation, and by publicising the sale you may alert competitors seeking to poach your clients. You can make lenders uneasy and buyers will scrutinise your staff and customer base, potentially harming your reputation and creating unforeseen challenges. Staff may feel abandoned, and your customers unsettled.

We will help you to consider your strategy and communication.

If you want to sell your business with confidence, we offer a no obligation face-to-face discovery meeting. We are discreet professionals and offer expert advice on challenges and common mistakes in business sales.

We act with discretion at every step and are your dedicated conduit to potential buyers.

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We are interested in working with other professional advisors where our clients have a requirement. If you are interested in developing a long term mutually beneficial professional relationship, please send me an email in confidence.

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If you want to make change happen with a prospective buyer or approach an acquisition target, email me in strict confidence at

Markcb57@outlook.com

to arrange a no obligation introductory meeting.







'Coming to the Shed and meeting people has helped me enormously'

MEN in particular often find it hard to communicate and express their feelings. Very often they need to be doing something when they talk.

By Peter Lindsey

And that's where The Eastbourne Shed project — run by Age Concern Eastbourne comes in for both men and women.

There are around 500 across the country and three in Eastbourne:

- 9 Brassey Avenue at Hampden Park., arts and crafts.
- Etchingham Road, Langney, woodwork and metalwork.
- and 7-9 Finmere Road, also woodwork and metalwork.

John Trainor, Chief Executive of Age Concern Eastbourne, said: "All three are basically Drop-In centres for people over the age of 60. The Hampden Park shed tends to be for women, the other two men, but it doesn't have to be that way.

"We moved into our new premises at Finmere Road back in June, so we now have much more space there. "It's all about social isolation — you can come to work if you want but you don't have to. Men generally are not very good at social engagement, and that's where this comes in

"The sheds have been going for ten years, and we are always looking for donations of tools and wood.

"There are currently 120 members coming to the three sheds. It's Lottery-funded and we charge £100 a year. It's their shed, they have a share in it.

"It's meeting a real need out there, without the sheds I'm not sure where people would go. It's also helping to tackle loneliness and the onset of dementia."

I met Steve, who's 80 and moved to Eastbourne from Scotland recently.

He loves woodwork and says the support network provided is so important to him.

He said: "Coming to the *Shed* and meeting people has helped me enormously. I moved to Eastbourne as my son lives in Peacehaven, and I have always loved playing and being creative with wood."

Next Alan who was making a bird table when I popped in. He said: "I enjoy making things and also making friends. I've had challenges with my mental health and this makes a huge difference."



The Shed project works closely with schools and community groups.

For more information, call: **01323 692485**

Email: vitus.sukoco@ ageconcerneastbourne.co.uk



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Ditzy Media Celebrates 11 years in Business!



Eastbourne based social media agency - Ditzy Media - has celebrated 11 years in business this month.

Founded in 2014 by Mina O'Brien, they provide social media marketing support, and training, to businesses, non-profits and event organisers in Eastbourne and

Starting from her spare room in 2014, the business has grown and employed some truly talented young people over the years.

Ditzy Media is passionate about making social media accessible to all - through training and support – as well as

managing social media for clients who lack the time to do it themselves.

Mina O'Brien said "Ditzy Media has given me, and my lovely team, the opportunity to work in the heart of our community – as well as being able to support clients across the UK and beyond. We like to think that in 11 years we made a positive difference in helping businesses and non-profits get to grips and make the most of social media.'

For more information on Ditzy Media see: www.ditzymedia.com

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In today's digital world, a professional, user-friendly website is essential for any business, but that doesn't mean it has to cost a fortune. Fountain Digital, based right here in Eastbourne, has spent the past 15 years demonstrating that high-quality web design can be both effective and affordable.

We specialise in creating visually striking, performance-driven websites for local businesses, all available through affordable, manageable monthly plans. Our inhouse team of nine skilled designers and marketers creates bespoke websites that truly reflect each client's brand. Whether you're a sole trader, a growing local brand, or an international, multi-site business, we deliver modern, fully responsive websites backed by ongoing support. Monthly website packages include:

- Unlimited updates
- Secure hosting
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- · Ongoing support

With Fountain Digital, you get the capabilities of a larger agency with the friendly, personal touch of a local business. We believe in transparency, flexibility and honest advice, with no techy jargon. All work is handled in-house, so you deal directly with the people building your site and if you'd rather chat things through in person, our Eastbourne office is always open, so just pop in for a coffee.



Visit our website: www.fountaindigital.co.uk Give us a call: 01323 887387 Drop us an email: karen@fountaindigital.co.uk

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Thanks to funding from Eastbourne Borough Council, we're offering Eastbourne residents a free one-day business start-up workshop designed to give you the tools and confidence you need to get started.

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and more all delivered in clear, bitesized sessions.

Here is what a previous client said about our workshop - "It was a very thorough workshop and super helpful, it was useful to piece together all the key elements on one

If you live in Eastbourne and are ready to take the leap, secure your free place today by visiting the events page at www.edealgroup.org or email info@edeal.org.uk for a booking form.



Speaking of Edeal...

A few words from an Edeal client:

UnderWired: where theatre belongs to everyone

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We create bold, original family musicals that put every child front and centre – whether they have disabilities or not. Our shows give families a chance to escape, connect, and share unforgettable moments together.

But we don't stop there. We're fiercely committed to opening doors for underrepresented artists eager to break into the industry.

After producing three hit inclusive musicals, we launched a groundbreaking after-school musical theatre club in September 2023. The response? Phenomenal. Thanks to the amazing support of BBC Children in Need and The

Postcode Society Trust, the club is now set for a bright future.

Our vision: young performers stepping onto the stage in our summer family musical - side by side with theatre pros – gaining real experience and shining like stars.

We're always learning and growing to serve our community better. Huge shoutout to Ditzy Media for levelling up our social media game, and to Edeal and Eastbourne Borough Council for making that

If your child wants to join the club – or if your business wants to back a bold, inclusive arts movement – get in touch at kali.underwired@gmail.com.

Let's make magic happen. Together, we can give every child their moment in the spotlight.



Dancing at the edge of the Waves

A solo show of paintings by Leila Godden

At the Patterson Gallery in The Lansdowne Hotel.

From Saturday 26th of July until the 10th of August.

(Weekends only or by appointment during the week).

About the Exhibition

Dancing at the Edge of the Waves is an opportunity to see brand new abstract paintings by Leila Godden, alongside her more traditional seascapes spanning several years.

For more information, go to www.pattersongallery.co.uk



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

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Top honour for Alan, 77

EASTBOURNE'S Alan Young is a fine example of commitment to helping others.

By Peter Lindsey

His feats include:

- A volunteer at Eastbourne and Wealden RAYNET — the Radio Amateurs Emergency Network for 40 years.
- He helped organise the Poppy Appeal in Eastbourne, raising a record amount of money for The Royal British Legion.
- Conquering his fear of heights with a sponsored climb over the Sydney Harbour Bridge in Australia.
- Volunteer driver for the NHS Patient Transfer Service for the past six years.

Now Alan, 77, has received the highest accolade a Rotarian can achieve — a *Paul Harris Fellowship*.



Alan said: "I am so pleased to have been recognised by my friends at Eastbourne AM Rotary Club.

"I love everything I do and I always put 100 percent in. If it helps others as well, then that is even better."

He received his award from outgoing President John Cheeseman.

John said: "We are talking about real exceptional sevice here from Alan.

"He joined our club 12 years ago, having first come into contact with our members during our club's first Lighthouse Challenge fundraising event.

"The link was *RAYNET*, an organisation where members volunteer their time to help at events where communication is needed to keep the public safe.

"For the *NHS*, his record mileage for just one year is 30,000 miles, and all as a volunteer. Quite incredible really."



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ALAN TAYLOR, artist with a passion for planes, boats and trains.

By Pennie Cunliffe-lister

G@42: What fuels your passion for art and in particular, machines? What was the attraction to joining The Guild of Aviation Artists?

I've always had a passion for art since a child encouraged by my mother to draw, I became aware of the great pleasure art gave me. I knew early on that I would have to make my living as a commercial artist, having been guided towards this at Art School where some of our tutors were commercial artists.

I had no interest in abstract art but as I had a family background of engineers, I naturally took to capturing the details of engineering subjects particularly airplanes hence my joining *The Guild of Aviation Artists*.

G@42: Do you feel more empathy with your subject if it is mechanical rather than human?

I don't have any particular empathy for mechanical subjects. In my work as a commercial artist I had to be adaptable and I tackled all kinds of subjects. As a student I liked the loose, distorted perspectives in the work of Paul Hogarth, illustrator for the *Sunday Times* and *Punch*. In recent years I've been drawn to the dry colour and form of Eric Ravilious (*Towner, Eastbourne*).

G@42: Do you consider your early training in graphic art has been a strong influence on your artistic vision?

Yes, I do think my training helped me mature as an artist, along with exposure to all forms of art: graphic, painting and illustration plus study of Art History with regular trips to London to visit important exhibitions and galleries.

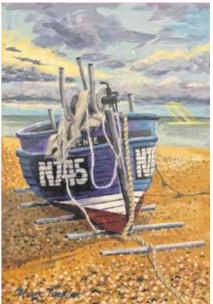
G@42: In your work, 'The Engine Room' the observer is drawn to your attention to detail.

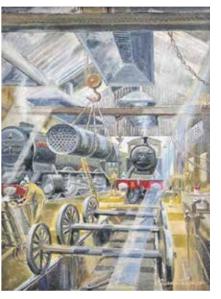
I do enjoy putting in detail as shown in the Engine Room, which is, to quote Fred Dibnah, "heavy, dirty and dangerous". I do not consider my painting to be overly detailed though I concede others might.

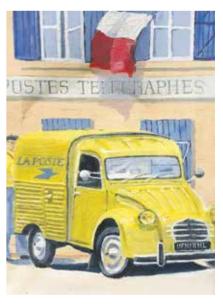
G@42: What are you feeling when painting for example 'The Dog Fight'? As you are too young to be painting from experience, it must be an empathy with your subject?

What am I feeling? I don't think I feel anything apart from the pure enjoyment of getting things right. I knew from the start I had set myself a big task with the 'Dog Fight'. All four aircraft are tumbling at different angles, changing the perspective on each plane. Another challenge was to get the tones correct to suggest distance in the sky between each plane. These flimsy, early aircraft have a magical romantic quality in flight.

This is Not the Royal Academy Summer Exhibition, Gallery@42's own Salon de Refusées runs until 31st August.







GALLERY@42, 42 South Street, Eastbourne BN21 4XB

Open Thursday—Sunday, 12-6pm www.galleryat42.co.uk

10% OFF all art on presentation of this article









JV Blinds – where the customer always comes first

JV BLINDS is a family-run business in Eastbourne offering quality shutters and blinds at competitive prices.

By Peter Lindsey

Jason and Melissa are a husband and wife team, so the service you receive is a personal one. Jason takes great pride in every single shutter and blind he installs, and the end results reflect this.



They recently celebrated their seventh year in business and are excited to continue to grow.

Consistent positive reviews

JV Blinds receives consistently positive reviews, with customers praising their service, quality, and professionalism, particularly regarding Jason and Melissa.

Customers highlight the company's communication, efficient and tidy installation, and the ability to handle even large or uniquely shaped windows.

Shutters are available in a range of materials and can be made and installed in as quick as four weeks after you order them.

Free quotations

JV Blinds offers a FREE no obligation quotation and home visit.

They have some exciting offers coming up in August which will be shared on their *Facebook* and *Instagram* social pages.



01323 500092
sales@jvblinds.co.uk
www.jvblinds.co.uk

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Christmas at Little Chelsea is back for 2025!

FOLLOWING the huge success of last year's event, we're excited to return on Friday 5th December with our free, fun-filled family Christmas celebration in the heart of Eastbourne.

By Lauren Fry

We're now looking for stall holders to join us!

If you sell handmade, locally crafted items, this is a fantastic opportunity to showcase your work to thousands of visitors. Stalls start from just £20, making it an affordable way to be part of something magical.

Interested in joining us? Find out more at facebook.com/LittleChelseaEvents

Let's make this year even bigger!

Fundraiser for Charley at the Aqua Bar

CHARLEY is 20 years old and has a three month old baby. She found out she has Hodgkin's Lymphoma Stage 4 just two months ago.

By Gail McKay

This is a really challenging time for Charley, her partner and her family, who are all working hard to look after Charley and her baby while she endures her chemotherapy. Their page on *gofundme* explains how they have been hit financially.

The Aqua Bar in Pevensey is holding a fundraiser on 24th August.

If you'd like to help, donate, or take a stall, please contact the *Aqua Bar*, or donate here:

https://gofund.me/beae8517



Eastbourne preschool turns 30

CHALK Hill Pre-School, nestled in the heart of Willingdon Village, celebrated a huge milestone this month.

By Peter Lindsey

The OFSTED outstanding rated pre-school recently hosted a Teddy Bears Picnic to celebrate 30 years since first opening its doors.

Children from the pre school and wider community enjoyed games, crafts and an outdoor picnic lunch to celebrate and help raise vital funds for the charity run setting.

Manager Christine Hipgrave has worked at the pre school for the past 23 years.

She said: "I am incredibly proud of our setting, my dedicated team of staff have a shared vision which has ensured that the pre school provides a consistent, caring and nurturing environment for children aged 2-4 years. We were delighted that this



was recognised in our most recent outstanding *OFSTED* report."

Chalk Hill pre-school has a few remaining fully funded spaces left for September 2025. You can contact them on **07925 956073** or **chalkhillmanager@hotmail.co.uk**





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Hailsham**Eye** Issue 062, August 2025 41

Circus students graduate

IT'S been quite a year for the *East Sussex School* of *Circus Arts* based in Hailsham.

By Peter Lindsey

A graduation ceremony for the students took place in front of an invited audience at the school's HQ, situated in the grounds of Knockhatch Adventure Park.

It was an impressive showcase – here's the Polegate Mayor Dan Dunbar: "The students put on a first class performance displaying all the skills they have developed over the last year.

"It's clear from the professional performance their dedication to mastering their skills to deliver such a creative show which inspired all the audience.



"Congratulations to you all on your achievements.

This was the first graduation since the school has achieved accredited status and is testimony to the hard work and dedication of all the staff involved."

ESSCA is an international school dedicated exclusively to circus arts.

It is a sixth form college which also runs after school clubs during term time to teach children of all ages from 4+ all the way to adults.

eastsussexschoolofcircusarts.co.uk



Rotary support

MEMBERS of the *Rotary Club of Hailsham* visited the *Hailsham Boxing Club* in Kerridges Yard, off George Street, Hailsham.

By Peter Lindsey

The boxing club provides boxing sessions for children aged 5 to 15 years as well as training sessions for mixed adults and women only.

Following a warmup run, the younger members of the boxing club took part in a training session. They put on an enthusiastic display of shadow boxing and an exhibition of sparring in the boxing ring which was closely supervised by the staff.

At the conclusion of the training session, Rotarian Sam Jaquet thanked the boxing club staff and members for putting on such an entertaining display.

He then presented them with a cheque for £1,500 to support the club.



18.09.25 6.30pm - 9.00pm Led by Artist Ben Ecclestone

Thanks to Hailsham Festiva

Hailsham **Eye** 42 Issue 062, August 2025

Rainy Days, Mondays & Good Old Dreams

A MUSICAL homage to the Carpenters – Told from the heart. Hailsham Pavilion, September 6th.

By Peter Lindsey

Step into the golden glow of the 1970s as Rainy Days, Mondays & Good Old Dreams brings the poignant music and captivating story of Karen and Richard Carpenter to life — not as a tribute act, but as a heartfelt homage performed with depth, care, and a deep personal connection.

Singer and storyteller Kerry Le Bern lovingly recreates the soulful sound of Karen Carpenter, interpreting her unique vocal style with warmth and authenticity.

Backed by the superb Jambalaya Band, Kerry takes audiences on a rich emotional journey - from the Carpenters' early struggles to their rise to international fame, and ultimately to the personal battles behind their public success.

"I adored the Carpenters from an early age," says Kerry. "In the 1970s I would pretend I was Karen, singing along to Close to You on my trusty cassette player. Her voice spoke to something deep in me, and it still does."

But this is more than nostalgia. With meticulous storytelling and musical nuance, the show delves into the duo's influences - from The Beatles to Burt Bacharach - and the perfectionism, pressure, and emotional costs that shaped their work.

"I want to bring something very special to audiences with this show," Kerry explains. "I want people to hear Karen's voice through mine, but also to walk away saying 'how different,' 'how fascinating,' or 'I didn't know that.' It's about honouring their music and their journey."

At one moment, you'll find yourself tapping your toes and singing along; in the next, you may be wiping away a tear. Rainy Days, Mondays &



Good Old Dreams is a rare blend of performance and portrait - a celebration of artistry, vulnerability, and timeless melody.

"This music has shaped who I am," Kerry reflects. "It's an echo from the past that still touches people now. That's what I hope to share — not just the songs, but the story and the soul behind them."

Expect to sing. Expect to feel. Expect to remember



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Hailsham Festival of Arts & Culture 2025

HAILSHAM Festival of Arts & Culture returns for its 19th year with a vibrant September programme that celebrates the creative and cultural community at the heart of Wealden.

By Emma Donovan

Taking place between the 6th and 21st September, visitors are invited to join in and book a range of joyful, diverse and affordable events taking place in and around Hailsham.

This year, new acts include *Voices of Volya* — a Ukrainian choir that performs locally, raising funds for medical equipment sent to frontline soldiers

in Ukraine. In addition, there will be various live theatre acts, cult cinema screenings, Meet the Author events, Immersive theatre Jane Austen-style, Jazz, Pottery, Art Workshops at Gallery North, classical music recitals, a Carpenters Tribute ... and much more.

For eager artists, poets and authors

– there is plenty to get involved in.

The annual Children's Art competition

& Creative Writing Competitions will all return. *The Hailsham Art Trail* is back — with local artists and makers showcasing their works of art in and around Hailsham's retailers, cafes and restaurants.

For a full-bodied flavour of all that the Hailsham Festival has to offer, browse the What's On programme and book at www.hailshamfestival.co.uk

Proudly sponsored by Lightning Fibre, Hailsham Town Council and the National Lottery Community Fund.







Let's not sleepwalk into losing one of our recreation grounds...

LISA Wainwright MBE, Sport and Recreation Alliance CEO said:

By Steve Wennington

"We and our members are deeply concerned by the Government's proposed reforms to the planning regime which present a clear and present danger to the playing fields, pitches and facilities.

"We acknowledge the Government's ambitions to increase economic

growth and deliver increased housing but we firmly believe this must not come at the cost of playing fields, pitches and sports facilities."

The good news is, we can do something about it, if we act early enough.

The better news, Hailsham Town Council took action five years ago to protect both Western Road Recreation Ground and Gleneagles/Hailsham Country Park by signing them up to Fields In Trust, a legal entity protecting about 20% of parks and recreation grounds across the country.

Our ongoing concern, is Maurice Thornton Recreation ground. This land is owned by Wealden District council and they have so far refused to either hand it over the *Hailsham Town Council* or put it under the protection of fields in trust.

Let's hope Wealden and Hailsham take heed.

August Bank Holiday Sunday

The Lower Horsebridge Village Fete and Fun Day is back on, Horsebridge rec, 10am—6pm, free parking, lots activities, food and drink, games, market stalls... and close enough to walk to and from the Festival of Transport!

We want to make it an annual event, so your support this year is very important.

07980 643827 www.hailshamactive.com

The Town House, Market Street, Hailsham, East Sussex BN27 2AE



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Hailsham Chamber August Events

By Ryley Warwick

Rum Infusionist Cocktail Making Night – 21st August

Join us for a Chamber Cocktail Making Night at the award-winning **Rum Infusionist Distillery in** Hailsham on Thursday 21st August 2025, from 7:00 to 10:00pm.

£27 per person includes Guided cocktail experience — shake, muddle & mix 2 delicious rum-based cocktails (then enjoy them!). Generous cheese & meat boards to share.

Dietary needs? email Nic Gray at nic@nicgray.co.uk once you've reserved your spot on www.hailshamchamber.co.uk

First Podcast launch

Hailsham Chamber of Commerce has released the first episode of its new video podcast series on YouTube, kicking off the initiative with a conversation featuring Kerry Knight of Kerry Knight Holistic Wellbeing.

In the inaugural episode, Kerry and Sam Beale discusses holistic approaches to wellbeing in the workplace and at home—topics that have grown in importance as small businesses juggle growth, stress, and the need to support staff resilience. The series is designed to be informal,

conversational, and communitydriven. Each instalment will spotlight a different Chamber member, giving local audiences a closer look at the people behind the businesses that keep Hailsham thriving.

The episode is now available to watch on the Hailsham Chamber of Commerce YouTube channel.

Stay tuned—Episode Two coming soon!

Charity Curry & Quiz night

Spice up your evening with the Hailsham Chamber of Commerce Curry & Charity Quiz Night!

Wednesday, 20th August at the Chamber members' The Royal Indian.

Arrive at 6:30pm for a delicious meal, followed by the quiz at 8:00pm

£22 per ticket, teams of 4.

Bring your thinking caps, gather your team, and get ready for a fun-filled evening of great food, great company, and a little friendly competition.

Ticket includes: A Curry, Rice or Bread. Add a side of choice for £3.95 (on the night) Charity donation and Quiz entry.

Red flags in terms & conditions

Chamber members Orr Litchfield have shared some expert insight into the hidden risks lurking in T&Cs. Whether you're signing a contract or drafting one, their latest blog highlights key warning signs to watch out for. Read the full post on our website

www.hailshamchamber.co.uk

Hailsham Chamber at Ashdown Radio Business Expo

East Sussex National — The Hailsham & District Chamber of Commerce was out in force at the Ashdown Radio Business Expo. Members staffed a lively stand, welcoming a steady flow of visitors, swapping cards, and highlighting the Chamber's ongoing work to support and grow businesses in Hailsham and the surrounding areas.

Chamber representatives praised the quality of networking throughout the day. A special shout-out goes to Gary King, who was widely thanked for the significant time and energy he invested in preparing the stand and coordinating Chamber involvement.

Join us

Businesses interested in joining the Chamber, hearing about upcoming meetings are encouraged to get in touch and take part in future events. Local connections grow local economies—now's a great time to be involved.

Tickets for all events: www.hailshamchamber.co.uk





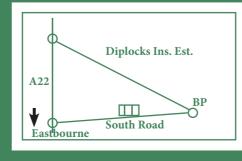
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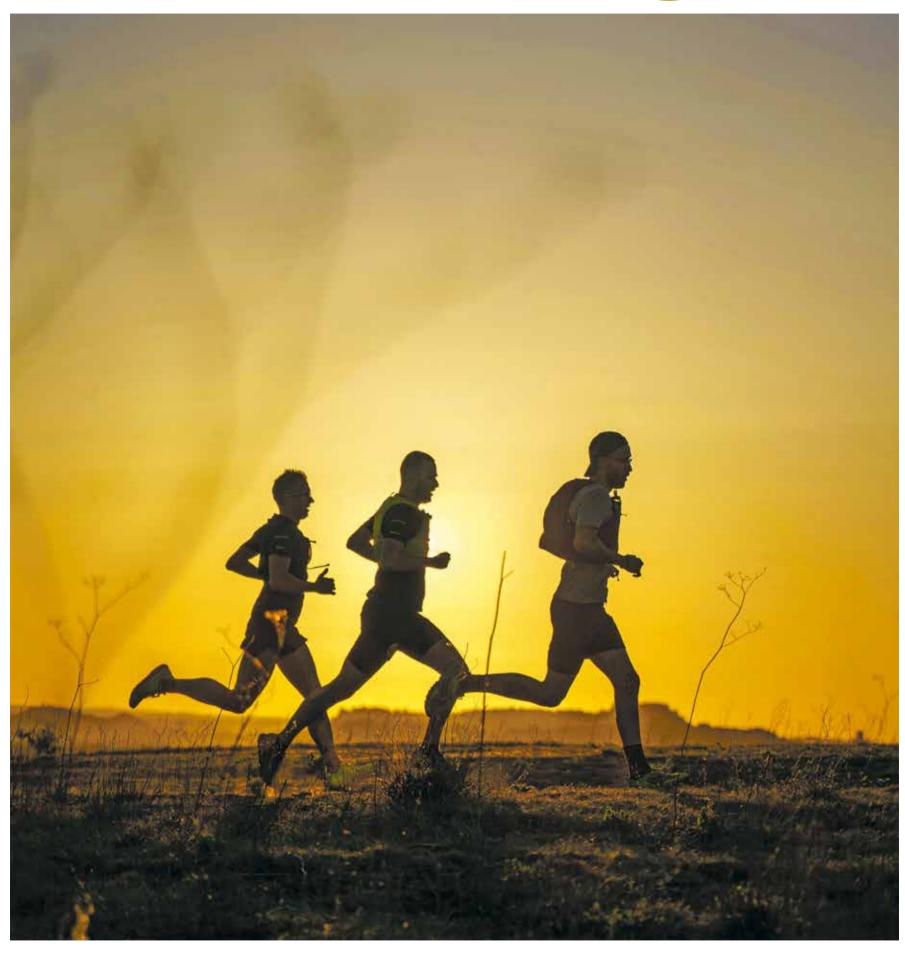
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We're now welcoming residents and would love to show you around. Please call to arrange a visit:

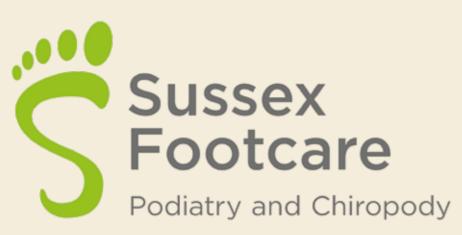
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SUSSEX Footcare is leading the way in data driven 3D-printed custom-made bespoke orthotics.

By Andrew Albon BSc (Hons) MRCPod.

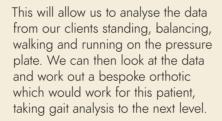
The new Clinic in Old Town, Eastbourne consists of a warm welcoming reception area and two modern clinic rooms.

The team consists of four podiatrist, one foot health practitioner and two admin staff. All trained in using the *Footscan*.

Gait analysis

Gait analysis is the systematic study of human locomotion, particularly the way individuals walk or run. It involves measuring the body movements, mechanics and forces. It helps with medical diagnostics, rehabilitation, sports performance and even forensic sciences.

Our latest investment into the gait analysis is a game changer for anyone experiencing any foot pathology. We are currently treating around 20 patients a week who have pain in their feet. Gait and motion technology Pressure plate system has over 8,000 sensors built into it allowing us to analyse a range of patients from elite athlete to club sports players to diabetic patients, offloading pressure points preventing reoccurring ulcerations.



Most people come to us once an injury has occurred, wouldn't it be better to come to us to prevent an injury or better still to improve performance.

Why choose Footscan?

Professionally approved

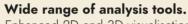
Footscan is the first and only gait technology 'professionally approved' by the *Royal college of podiatry* meaning that it meets the highest clinical standards.

Data-driven healthcare

Footscan quantifies what the eye cannot see, allowing us to take your gait analysis and orthotic prescription to the next level with accurate, objective date.

High speed scanning

The high scanning frequency and sensor resolution of footscan ensures accuracy in the data acquisition and repeatability.



Enhanced 2D and 3D visualisations enable us to clearly communicate your movement data directly compare it against other scans.

Who is Footscan beneficial for?

- Firstly, elite athletes for enhancing performance.
- Prevention of reoccurring injuries.
- Heel pain patients (Plantar fasciitis, Achilles tendinopathy, Posterior tibial tendon dysfunction).
- Any foot or leg disorders.
- Diabetic patients to offload any areas at risk of break down.

All our patients that have diabetes will get a free screening on the footscan to prevent any hard skin issues.

We can design the Bespoke orthotics for Everyday use, football players, golf, runners, Work boots and walking boots.

We can customise the insoles to suit pretty much any use the client wants

them for and even design it with the patient watching.

We have enjoyed showcasing our newest technology and have had some amazing results so far. We will continue to work closely with sports teams as well as individuals to provide the best outcome.

Treatments on offer include:

- Routine nail care.
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Sussex Footcare











How time flies

TWO years ago I approached *Bournefree* editor, Peter, offering to submit a monthly column on behalf of *Polegate Ramblers*.

By Gill Mattock

He asked me to send the first one and then we would see how we go ie. he didn't want to commit until he knew that we could write a coherent sentence and not bang on about boring walks!

I kept waiting for an email telling me not to continue but 24 columns later we are still going strong although I have had my wrist slapped a couple of times. Firstly for submitting an exceedingly long title and secondly for exceeding the 400 words he generously allows

us. We are now careful to submit short titles and 399 words!!

We have three regular contributors: myself, Lindsey and Theresa and so far have managed to avoid boring travelogues of our many rambles. Instead we have written about: specialist clothing (not necessary); essential gear (boots); how to map read (carefully); strange sights (pyramids, camels and naked ramblers); and the many delights of churchyards. We have talked about the many hazards of rambling: dodgy stiles, steep hills, mud, low hanging branches and the possibility of meeting local celebrities.



Theresa has reminded us to keep our eyes and ears open rather than spend the whole time gossiping as well as highlighting the main delights of each season.

We have shared special events along the way — summer picnics in the rain, Xmas dinners in the pub and Polegate Ramblers 65th anniversary in the woods (where else?!)

We have highlighted our Pop Up walks and our new Saturday programme as well as reminding readers of our regular three walking groups: long walks of between 8 and 11 miles, short walks of 5–6 miles and our Leisure Walkers who gently walk a few miles before heading for the nearest tea shop! We have had contributions from new members who have described how welcoming they found us and encouraging new people to try us out.

But we hope we have also shared our enjoyment of the countryside, the fun we have and the companionship of walking in a group.

So, our thanks go to Peter for allowing us to continue with our column – we have enjoyed writing it and hope you have enjoyed reading it.

For more information contact polegateramblers@gmail.com or have a look at our website at www.polegateramblers.org.uk



A new beginning awaits

DISCOVER the warm, elegant surroundings of Eastbourne Gardens Care Home, proudly part of the Avery Healthcare family.

By Carly Merriman

Offering round-the-clock residential, nursing, dementia, and respite care, our dedicated team ensures your loved ones receive attentive and compassionate support.

Experience complete peace of mind, knowing they are cared for in a safe and nurturing environment.

Vibrant and fulfilling

Life at Eastbourne Gardens is vibrant and fulfilling, with a varied programme of activities and events every day. Recently, residents celebrated Collector Car Appreciation Day on Friday 11th July, highlighting the significance of automotive restoration and the cherished hobby of collecting classic cars. A stunning collection of vintage cars was displayed outside the home for residents and members of the local community to



enjoy. It was a wonderful occasion, bringing everyone together to admire the vehicles and share treasured stories and memories.

Residents Jim and Lucia were especially delighted to see their very own beloved E-Type Jaguar, driven to the event by their son. They reminisced about their days driving through Italy and taking their children to school. Lucia fondly recalled how she became known as 'The Legend' when driving around town.

One team member said, "The residents absolutely loved it. It brought back so many wonderful memories and a sense of nostalgia for the cars of their younger days."

To experience the warm community spirit of Eastbourne Gardens Care Home, call us today on **01323 342697** or visit averyhealthcare.co.uk to book a guided tour with a friendly team member. Discover why Avery Healthcare communities are the perfect place to call home.



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Monthly stroke support group

A CARE home in Hailsham is welcoming people to its support group designed for people whose lives have been affected by a stroke.

By Lucy Khattak

Care UK's Bowes House, on Battle Road, recently invited the local community to its Stroke Friendship Café, an event the home hosts monthly.

It is a safe space designed for people who have had or know someone affected by a stroke to come together in a relaxed and friendly environment to share stories, seek support and make new friends.

During the session, Kim Golding, from the *Stroke Association*, and the *Bowes House* team were on hand to support the group, sharing information, resources, and offering a listening ear for those who attended.

Kim and the *Bowes House* team host the *Stroke Friendship Café* on the second Wednesday of each month from 2pm—3:30pm.



Natasha King, Home Manager at *Bowes House*, said: "We always strive to have a positive impact on our community, and we believe that no one should feel alone after a stroke.

"Whether you have been affected by a stroke yourself or are caring for someone who has, building support systems is extremely important. We are committed to helping local people understand the help and expertise available to them at our monthly *Stroke Friendship Café*, where everyone can relax and enjoy themselves.

"We're looking forward to welcoming new and familiar faces to our next event while enjoying a chat over a cup of tea and a slice of cake."

Bowes House is a state-of-the-art care home that provides full-time residential, nursing and dementia care, as well as short-term respite care. Designed to enable residents to live enjoyable and fulfilling lives, the care home features its own café, cinema and music room. The home offers a comprehensive activity programme, featuring a mix of themed events and group activities both inside and outside the home.

For more information please visit: careuk.com/bowes-house

Helping you to live life more independently

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

By Peter Lindsey

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

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

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

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



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!

We offer interest free credit from £60 to £3,000 to help spread the cost of repairs, parts or a new mobility aid. We are the cheapest mobility shop in the area and have the most qualified engineers in Eastbourne and Bexhill area.

"Come and pay us a visit."



01323 301101 www.activedaysmobility.co.uk



Live well every day at Bowes House care home A vibrant home in the heart of Hailsham

At Bowes House care home in Hailsham, East Sussex, residents enjoy so much more than high-quality care - they're part of a welcoming community where every day brings opportunities for connection, purpose and enjoyment.

Located just a short walk from the town centre, Bowes House is perfectly placed for residents to stay connected to local life. Whether it's a stroll to nearby shops or hosting family and friends for tea in our bright, modern café, there are plenty of ways to feel part of the wider community.

Friendship, fun and meaningful moments

New friendships often blossom at our regular events and clubs, such as the Pie and a Pint club, where residents enjoy classic pub-style food and conversation. Our Connections Café runs monthly and offers a warm and inclusive space for people living with dementia and their loved ones to enjoy a chat, share experiences and connect with others. We also host a regular Community Cinema event, where residents and visitors come together to enjoy a favourite film on the big screen complete with popcorn, of course!



Care that's centred around you

Every resident is supported to live life in the way that suits them best. Our dedicated lifestyle team gets to know each person's interests and routines, tailoring meaningful activities and experiences that support wellbeing and independence.

Whether you're looking for **residential**, **dementia**, **nursing or short-term respite care**, Bowes House offers a full range of

care options. That means, if your needs change over time, you can continue to receive the right care without the upheaval of moving to a new home.

With round-the-clock support, delicious home-cooked meals and a vibrant atmosphere, Bowes House is a place where residents feel valued, safe, and truly at home - every single day.

To find out more about Bowes House, call **01323 917176** or scan the QR code.



Bowes House care home 25 Battle Road, Hailsham BN27 1DU careuk.com/bowes-house



The Arts



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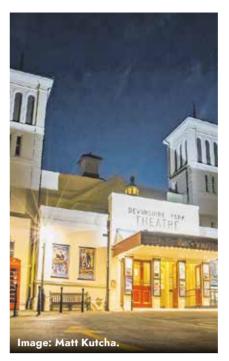
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DIRECT FROM THE WEST END











A new era begins at Eastbourne Theatres

ICONIC theatres shine once more as the 'Jewels in the Crown' of Sussex.

By David Bradbury

Eastbourne Theatres have entered an exciting new era — stepping into the spotlight like never before.

The beating heart

As an 'all new' chapter opens on these treasured venues — now in a partnership with global live entertainment company *Trafalgar Entertainment* — the Congress Theatre, Devonshire Park and Winter Garden have confirmed a stellar line-up of world-beating, internationally renowned musicals and drama. Eastbourne Theatres will once again, be the beating heart of the South Coast's cultural and creative scene.

Award-winning productions

Known as 'the jewels in the crown of Sussex', *Trafalgar*, from their own production companies, aren't just hosting shows at the theatres, they're making a bold statement of commitment to cultural and entertainment life on the south coast — with an unparalleled new line up of five-star and award-winning productions.

This landmark new line up has been meticulously curated to inspire and appeal to every taste and age with several major titles making their Eastbourne debut include:

- The definitive production of Fiddler on the Roof which arrives direct from a sold-out season at London's Barbican hailed for its electrifying 5-star performances and 13 Olivier Award nominations where the show won Best Musical Revival and Best Musical (Critics Award).
- CS Lewis' iconic fantasy **The Lion**, **The Witch and The Wardrobe** brought to life in a stunning stage adaptation that has captivated audiences around the globe. One of the best-selling books of all time, with over 100 million copies sold worldwide, this magical story of courage, sacrifice and redemption invites all ages to step through the wardrobe and into the enchanting world of Narnia. With spectacular design, original music and breathtaking stagecraft, it's a must-see theatrical adventure.

• Global hit **To Kill a Mockingbird** comes direct to Eastbourne following sold out seasons in New York and London. Harper Lee's seminal novel bristles with raw emotional power and striking theatricality. With more than 40 million copies sold worldwide, the story has become a literary touchstone. Aaron Sorkin's adaptation is renowned as "the most successful American play in Broadway history".

World-class programme

Award-winning West End musicals, sensational and thought-provoking drama and unforgettable family adventures — *Eastbourne Theatres* will offer a world-class programme to rival any in the country.

Headline titles also playing in Eastbourne include global mega-hit **SIX** and the multi-Olivier Awardwinning **Operation Mincemeat**, alongside thrillers like **Strangers on a Train** and **2:22 A Ghost Story**.

Summer also sees the return of Eastbourne Theatres' own production team as **The Play What I Wrote** — a sensationally funny homage to comedy legends Morecambe and Wise — plays at the Devonshire Park Theatre — with Sue Holderness, Michael Praed and Joe Pasquale.

And family titles include **Peppa Pig's Big Family Show, In The Night Garden Live**, and the magical return of Eastbourne's beloved pantomime, **The New Adventures of Peter Pan**– helmed by the UK Pantomime awardwinning local creative team.

Just the beginning

Sir Howard Panter, joint CEO and Creative Director for Trafalgar Entertainment, the new operator of Eastbourne Theatres said: "We're incredibly proud to be launching this new era for Eastbourne Theatres. These wonderful venues are truly the jewel in the crown of Sussex. We passionately believe that our audiences around the UK deserve the very best - and this is just the beginning. We're building a programme on solid foundations and working closely with the team to ensure the continued success of these wonderful venues.

"With such an exciting line-up of global productions ahead, we hope to welcome back familiar faces and we invite audiences from across the region to experience the power and joy of live theatre right here on the South Coast."

Be one step ahead

With a series of further exciting new announcements still to come, audiences are encouraged to sign up to the *Eastbourne Theatres* mailing list to be one step ahead of the crowd – www.EastbourneTheatres.co.uk





Tuesday mornings and Wednesday afternoons in July & August. For our full range of classes and workshops visit maker-studio.co.uk

Our Shop, 52 Ocklynge Road, Eastbourne, BN21 1PR





Patterson Gallery

PRESENTS *Dancing at the edge of the Waves* – a solo show of paintings by Leila Godden.

By Gail McKay

Peter Patterson, the gallery owner, continues to select talented artists to exhibit at his new home in the Alfriston Room at the fabulous Lansdowne Hotel.

Leila Goddens work draws inspiration from coastal scenes across the country.

They have an anonymity which helps the viewer to relate to their own personal beach memories. Her newer pieces use shells as inspiration, and are abstracted into delicate, subtle paintings, maintaining detail, but becoming something else. All of Leila's work is soothing and evokes a

timeless calm that we seek from our favourite coastal spots

The Patterson Gallery which is now a permanent fixture in The Lansdowne Hotel is Open every weekend, and by appointment during the week until the 10th of August. 10am—5pm

peter@pattersongallery.co.uk

King Edward's Parade, Eastbourne BN21 4EE



Creative Eastbourne is launched...

A NEW creative initiative has launched in Eastbourne – and it's already creating a buzz.

By Peter Lindsey

It's Creative Eastbourne, a grassroots community that has been set up recently.

The idea is simple: bring artists together, makers, designers, facilitators, and creatives of all kinds to connect, share skills, and shape something collaborative for the town. The first meeting took place at Port Hotel, Eastbourne, and it looks like the project will develop quickly. More than 60 people turned up

Organiser Maja Jones said: "People were spilling out onto the terrace, meeting for the first time, reconnecting, and sharing ideas.

Tickets from £28 • eastbournetheatres.co.uk • 01323 412000

"There was a strong mix of ages and creative disciplines, and an overwhelmingly positive response to the event

"And the most repeated comment of the night was that this is so needed."

It's about sharing work and ideas. Examples included a newly published book, news about the new creative space (The Maker Studio) and potential venues for future events like Café Joon in Pevensey Road.

Now the focus is on keeping the momentum going: meeting regularly, exploring local venues, and building a supportive, inclusive creative community right here in Eastbourne.

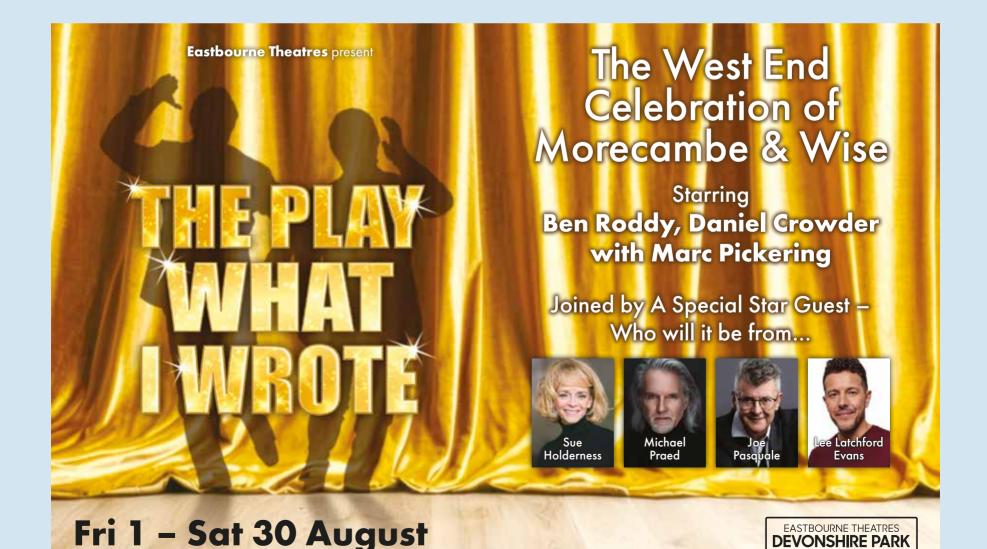
Instagram: @Creative_Eastbourne Email: Creative.ebo@gmail.com





THEATRE

Photos by Amber Charach. www.ambercharach.com





This month we are Celebrating our 10th Birthday and we are excited to be relocating to a new business premises in Latimer Road, Eastbourne.

Design Lab was established in 2015 following 16 years of experience working in the sign & print industry and we are extremely proud to be an award winning Family run business.

Steve studied Art & Design at College, followed by Graphic Design at Brighton University. This gives us not only creative flair but we also understand the science behind communicating the right message to reach the right people.

At the start of our journey we saw an opportunity to fill the gaps that other local sign companies were not fulfilling. Our company was formed to deliver a fresh approach to customer service within the industry. Small & Medium sized businesses were being let down with false promises. Customers would make an enquiry and be ready to do business but they would have to wait days/weeks for anyone to get back to them. This was often due to larger customers with bigger budgets getting priority service.

It seems it has become very common for some sign companies and print suppliers to lose sight of customers' needs as their business grows, particularly start-ups, and small to medium sized businesses.

In 2021 Donna joined to help develop the business and manage customer relations in her role as Co-Owner and Business Development Manager.



Winners of the Eastbourne Small Business Award 2024

We are Years young this month

Our daughter Olivia worked part time with us for a while whilst she was at college before embarking on her own career as a paramedic. However, when she comes home to visit she does still like to help out!

Our son Zak is even known to help out occasionally when required.

We are proud to have secured some of the larger Clients to add to our portfolio including the likes of BMW, Mercedes and more recently Crew Clothing at Eastbourne Tennis, however we still maintain our core values and look to deliver excellent customer service and value for money regardless of the size of business that we carry out work for.

Design Lab provides a large range of services from Logo Design, to Vehicle Branding. Signwriting to Shop Fronts. Business Cards to Banners, Flyers, Clothing and much more.

All our work is carried out to the highest standard to ensure our customers can portray the professional image that they are looking for.

This is reflected in our Google Reviews and vast array of returning customers.

Take a look at our Website to view our completed jobs and happy customers. www.designlab-eastborne.co.u



If you mean Business then there's No Alternative!











Antiques expert releases second fiction book in series

JAMES Braxton of *BBC's Antiques Road Trip* has launched his second book, *The Crocodile Stone*.

By Gail McKay

The launch party, hosted by his sons, Brewing Brothers at their brewery and pizza bar, Imperial in Queens Road, Hastings was a joyous affair. James rounded the event off with an auction of the original cover artwork by Annie Braxton, and two magnums of white Burgundy.

Bargain Hunt

James 'Bamboo' Braxton is one of the most well known antique faces on British television with over 40 years experience in the Art and Antiques world. His strength lies in a rounded general knowledge of antiques and their relevance in history and place.

He has worked for the BBC since May 2001 starting with Bargain Hunt in Paris. Since then James has filmed in Paris, Dublin, New York and every county of Britain! Combing antique shops, auction houses, antique fairs and car boots for BBC shows: Antiques Road Trip and Celebrity Antique Road Trip, Bargain Hunt, Flog it, Put Your Money Where Your Mouth Is.

In May 2012 James bought a 16th Century (Henry VIII) former coaching Inn, *The Lamb Inn*, Wartling, and with his family have transformed it into a successful restaurant with bedrooms.

The first book

lames has recently written two books, his first fictional book was Barty - A Tale Of A Stolen Bronze. When a garden bronze is stolen from a Norfolk country house, and embarrassingly sold to a private collector in Hastings the hunt is on to find the thief. Leading the search party is Barty a chef, Lionel an antiques dealer, Mercy Penfold a journalist, lack a young antiques dealer, and a dog called Clive! Not to mention the police! A warm and humorous story for those who love food and antiques. Published at Ceylon Literary & Arts Festival in February 2024.

The follow up

The second book in the series is *The Crocodile Stone*. When an enormous egg-shaped blue sapphire is dredged from a crocodile-infested river by a young Sri Lankan boy and then smuggled to Britain by Lionel, an affable antiques dealer, who happens to be there on holiday looking for bargains, a humorous tale of righting an old wrong, friendship, luck and serendipity unfolds. We are transported to this tropical paradise of beauty and food and so another jolly tale begins.

The Crocodile Stone and Barty — A Tale Of A Stolen Bronze are available from **www.jamesbraxton.com** or on Amazon.













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Green and pleasant

HISTORICALLY, August is considered to be one of the hottest months of the year, meaning lots of watering required, assuming no hosepipe bans. Try to use grey water wherever possible, your water butts may be running low. August is also traditionally holiday-time, so you might need to enlist the help of friends and family to look after your plants while you are away. When you are at home, take the time to prune Wisteria and summer-flowering shrubs such as lavender once they've finished flowering.

By Geoff Stonebanks

Most flowers lose their attraction as they fade, thereby spoiling the overall appearance of your beds, borders and containers. Not only does regular deadheading improve the appearance, it also directs energy into stronger growth and more flowers. Once the flowers are pollinated, seed heads, pods or capsules will form at the expense of further growth and flower development, so keep an eye on things.

Oleander

A glorious plant in my garden at the moment is the a pretty Nerium oleander. These shrubs are a mainstay of Mediterranean gardens

and widely used for screen planting, on hillsides and alongside roads. They flower in summer, the large open flower clusters can be single or double, and come in many colours including white, pink, red and peach. Mine as you can see in the header is a pretty pink. Upright stems are clothed with evergreen leaves which are long, slender, and an attractive shade of silverygreen. It is worth noting however that every part of the oleander plant is extremely poisonous if ingested and consuming even a small amount can be fatal. While oleander is toxic only if consumed, contact with the foliage may cause skin irritations. Wearing gloves when handling oleander is strongly advisable, along with thoroughly washing hands and exposed skin after handling or pruning.

National Garden Scheme

This month there are several gardens you could visit with the National Garden Scheme. A brand-new garden for 2025 is **Pekes Manor** in Nash Street, Golden Cross, near Hailsham opening on Sunday 10th August from 2pm to 5pm with entry £6. Now allowing dogs on leads in too, for this opening. *Pekes* garden was created in 1908, surrounding a pre-Tudor Manor House and includes several distinct gardens, spanning approximately two acres. The garden features an ancient pond, a formal front garden, large topiary lawn, rose border, column garden, and a walled garden. Butlers Farmhouse in Butlers Lane, Herstmonceux opens across the weekend of the 23rd and 24th August from 2pm to 5pm with entry £7.50. Enjoy a real bonus on this visit too, with live jazz played in the garden too and you can take your own picnic and rug to sit and listen. Is this one of the quirkiest gardens in Sussex? It might well be, 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. A third option might be **Limekin Farm** in Chalvington Road, Chalvington, near Hailsham, opening on the weekend of 30th and 31st August from 2pm to 5pm with entry £8. The garden was designed in the 1930's when the house was owned by Charles Stewart Taylor, MP for Eastbourne. It has not changed in basic layout since then. The planting aims to reflect the age of the C17 property and original garden design. Flint walls enclose the main lawn, herbaceous borders and rose garden.

Hydrangeas

With immense flower heads, hydrangeas flaunt an old-fashioned charm in summertime that's hard to resist. While these flowering shrubs are low-maintenance, proper care will keep them blooming. Unrivalled in the shrub world for beautiful flowers, these elegant plants are easy to cultivate, tolerate almost any soil, and produce abundant blooms. Colours beguile with clear blue, vibrant pink, frosty white, lavender, and rose blossom, sometimes all blooming on the same plant! They are excellent for a range of garden sites from group plantings to shrub borders to containers. I have several types in my garden, one of my favourites is "Annabelle". It is a stunning, large flowered white hydrangea, often producing football sized flower heads over 10" in diameter. The enormous, densely packed heads of creamy-white flowers appear from July to September above pointed, dark green leaves. It blooms reliably every year, even after severe pruning or intensely cold winters. Some people plant 'Annabelle' as a hedge since it can be cut back severely in the winter for a tidy effect. Deciduous and with an upright growth habit, hydrangea Annabelle makes a gorgeous feature for a partly shady border with moist, welldrained soil. It will also be happy in a roomy patio planter, provided it is kept well fed and watered in the growing season. The large flower heads can also be cut for use in a vase, and are particularly suitable for dried flower arrangements too.

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

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



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